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LOCAL GUITARIST HAS LEARNED TO ADAPT TO THE WHIMS OF A MAD MAESTRO PAGE 20

'I didn't know this was the last birthday for my son'

Mother speaks about barely 17-year-old son, one of three people killed Monday PAGE 3

Tory may need to leech from the left to stop Ford upwelling

Experts say courting Chow supporters will be key to staying in first place PAGE 4

Watchdog eyes 'biggest threat' yet to the ecosystem

Bee-killing pesticides called worse than DDT, which was banned back in 1970s PAGE 6

NEWS WORTH SHARING.

Employers told to come clean on job trauma

High-risk positions.
Report suggests going as far as screening for susceptible minds

Young people and new recruits should be given all the facts about post-traumatic stress before applying for certain high-risk jobs and possibly even screened in advance to determine their "resilience" to the illness, a new report from a provincial roundtable suggests.

The report, titled Roundtable on Traumatic Mental Stress, gathers input from 20 individuals employed in jobs in Ontario where mental trauma such as post-traumatic stress disorder may be a risk factor, including healthcare services, fire services, police and public transit.

The roundtable met six times from November 2012 to September of last year, and its 33-page report, released Tuesday, contains a wide range of suggestions and ideas for preventing job-related trauma and helping workers cope.

Among their suggestions is having the Ministry of Health and Long Term Care establish a crisis centre or a response team that would be deployed when a traumatic event has happened.

Other suggestions include making it mandatory for employers to provide training on trauma response and using "peer-oriented" approaches, such as allowing workers who have experienced trauma to educate workers.

Creating an easy-to-remember hotline number would be one way to improve access to resources and information, roundtable members said. There may also be a role for Ontario's Workplace Safety and Insurance Board to help workers who've experienced trauma navigate such support. TORSTAR NEWS SERVICE

Action

To help implement the ideas and continue the roundtable's work, the province is planning to host a conference next year on work-related traumatic mental stress.

TIME TO SHINE-AHAN

Maple Leafs president Brendan Shanahan smiles in his office at the MasterCard Centre on Tuesday. With the Shanahan era set to bear its first fruit, the new-look Leafs will have just 10 players in their lineup who were there when last season's collapse began. The puck drops on the Leafs' season Wednesday. For Metro's NHL preview, turn to pages 35 and 36. TARA WALTON/TORSTAR NEWS SERVICE

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FIVE THINGS YOU NEED TO KNOW TODAY

1
PETERS DOES THE CUBE
Renowned Toronto-born superstar comedian Russell Peters brings his Almost Famous World Tour to the Cube Nightclub on Thursday. Word is he will also do a DJ set.

2
TRANSIT TALK
Greg Albo of TTCRiders and international transit experts are holding a forum Thursday entitled Beyond The Gridlock: Public Transit Struggles From Across Europe & North America, at Beit Zatoun. beitzatoun.org.

3
EBOLA UPDATE
Hospital officials say the man being treated for Ebola in Dallas is showing improved liver function, though he remains in critical condition. Thomas Eric Duncan fell ill after travelling to Dallas from Liberia two weeks ago.

4
MUTANT MASH
According to the website Bleeding Cool, the X-Men could become the next superhero team to make the leap from the comic-book page to the small screen. While rumours are swirling, Fox has not confirmed anything.

5
TYRA, BY TYRA BANKS
Tyra Banks has unveiled her own beauty brand, and she's named it after herself! The America's Next Top Model host and former Victoria's Secret Angel has launched a new beauty collection, Tyra.

Grieving mom of slain teen knew something was wrong

Shooting in North Etobicoke. Police still seeking at least three people of interest

Zaid Youssef's mother, Jina Samouie, is comforted by her friend Zena Alabedy beside her husband, Athir Youssef, in the family's Toronto home. Zaid, who just turned 17, was shot and killed Monday. LUCAS OLENIUK/TORSTAR NEWS SERVICE

The mother of slain Toronto high school student Zaid Youssef says she knew something was wrong when her son stopped answering texts Monday.

Increasingly frantic as the afternoon wore on, she called multiple times, only to have the calls go unanswered. She later learned of the shooting, and believed her son may have been a witness.

"I didn't have any feeling that something happened to him," Jina Samouie told Torstar News Service in an interview Tuesday, surrounded by family members and friends in their modest apartment.

After she gave her son's information to police, they confirmed that the student at Don Bosco Catholic Secondary School was one of the two victims.

"They said, 'Your son has passed away,'" said Samouie, her hoarse voice barely audible.

Youssef — who celebrated his 17th birthday over the weekend — is one of two teens killed in gunfire that erupted midday Monday outside a North Etobicoke apartment building.

"I didn't know this was the last birthday for my son," Samouie said. "No one loves his mother like my son loved me."

The other boy was a 15-year-old student from James Cardinal McGuigan.

The gunfire prompted a wide-scale police ground search and sent four area schools, including Don Bosco, into lockdown mode, a safety measure only taken during serious emergency situations.

Toronto police don't believe that the shooting was a random act, and are still seeking at least three people of interest. Police arrested a "person of interest" shortly after the shootings Monday, but that person has since been released.

They are now appealing for anyone who knows or saw anything to contact police.

"We have some witnesses that have come forward, but I also know for a fact that there are people who witnessed this who have not come forward to speak with me, so I encourage them to call the homicide squad," said Toronto police Det. Sgt. Peter Trimble.

TORSTAR NEWS SERVICE

At Don Bosco

School mourns

At lunch hour Tuesday, students at Don Bosco gathered inside to hold a prayer session. Outside, Toronto Catholic District School Board spokesman John Yan told reporters the school would not identify the students killed because police aren't identifying them, in accordance with the Youth Criminal Justice Act.

Shortly before the shooting, witnesses described seeing a fight break out and hearing yelling near Don Bosco. Supt. Ron Taverner later confirmed the two young men killed were not wearing uniforms.

"We're not going to divulge exactly what we're doing right now, but rest assured that we have a number of people here to deal with the situation," Taverner told reporters Monday.

Torstar published Youssef's identity after obtaining permission from his family.

The flag at Bosco is now at half-mast, and flags at all the board's other schools will be lowered.

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End job discrimination for those with tattoos, piercings: Petition

People with piercings or tattoos such as this couple should not be discriminated against when firms hire, says a woman who started a petition.
MARK KOLBE/GETTY IMAGES

An Edmonton woman is advocating for Ottawa and Canadian employers to make it illegal to discriminate against potential employees because of body modifications like piercings, tattoos and hair colour.

Kendra Behringer has collected nearly 1,200 signatures for her online petition posted on Change.org, but hopes to amass at least 3,000.

"Discrimination laws officially protect those of a certain race, religion, age, gender, marital status, family relation and more recently sexuality has been added to that list. Let's add physical appearance to that list, including piercings, tattoos, and hair choice with the exception of threat to health and safety," reads the closing paragraph of the petition.

Behringer, 24, has several visible piercings, including two eyebrow rings, two nose rings and three lip rings and a tongue ring. She currently works at a novelty store that she said has no policy against piercings and tattoos provided they aren't profane.

"We have freedom of expression in this country, but not in the job industry," said Behringer, who is planning to study biological technology next fall.

"The reason for that is it's different than attire where you can just change your clothes. You can't just change the colour of your hair and then change it back when you come home from work. And you take out your piercings, they close up throughout the day. And you can't just remove tattoos for the day." THE CANADIAN PRESS

Legal opinion

Danny Kastner, a lawyer who specializes in employment, labour and human rights law at Toronto firm Turnpenny Milne, said these types of aesthetic characteristics aren't covered by any human rights legislation in Canada and he doesn't expect they will be in the near future.

Luring Chow's backers may be key to Tory win: Experts

Election. Latest poll shows Doug Ford gaining ground on frontrunner

As mayoral candidates close in on election day, experts say longtime race leader John Tory has to appeal to Olivia Chow's supporters over the next three weeks if he wants to ensure his place at city hall.

Preventing four more years of having a Ford family member as mayor is a priority for many voters, said Renan Levine, a lecturer in the political sciences department at the University of Toronto Scarborough. The stronger Doug Ford's support, the more likely voters are to consider a shift from Chow to Tory, he said.

"Part of Tory's task will be to try to welcome those voters and give them a reason to say, 'We've got to go with Tory to prevent Ford,'" Levine said.

"What Tory needs to do is convince (Chow supporters) that there are things that he feels the same about that they do, that there are issues that he supports that they support, so they don't need to begrudgingly back him. They can back Tory and they can tell their friends, 'I'm voting Tory' without being ashamed or embarrassed about that."

Quoted

"If I'm John Tory, I'm praying that history doesn't repeat itself. If I'm Doug Ford, I'm saying, 'Let's go gang-busters, because this is working.'"
Marcel Wieder, Aurora Strategy Group

Nelson Wiseman, a University of Toronto professor, said he thinks there's an excellent chance even Chow could be convinced to lend her support to Tory if she remains a distant third in the race as voting day nears.

"I'm convinced that if Ford were to overtake Tory (in the polls), that Olivia Chow would step aside and urge her supporters to vote for Tory, because she wouldn't want to be blamed for keeping the Fords in power."

Still, the "Anyone But Ford" mantra that ruled the first eight months of the race when Rob Ford was still in contention for mayor is dissipating, said Marcel Wieder, president and CEO of Aurora Strategy Group.

"Doug Ford's run a pretty clean campaign. He hasn't done anything to embarrass, like his brother, so people are thinking maybe he's a little bit of a safer candidate than his brother and he'll stand up for our tax dollars and therefore he could warrant our consideration."

That consideration may be reflected in the latest Forum Research poll, released Monday. Ford polled at 37 per cent, only two points behind Tory at 39 per cent. The two candidates are essentially tied, as the survey reported a margin of error of 2.8 percentage points, 19 times out of 20. TORSTAR NEWS SERVICE

Toronto mayoral candidates, from left, Ari Goldkind, Olivia Chow and John Tory are pictured during the arts and culture debate on Sept. 29. For Tory to remain in the lead, he'll have to actively lure Chow's supporters, one expert says. TARA WALTON/TORSTAR NEWS SERVICE

Health

Long wait times in hospital emergency rooms getting shorter: Data

Waiting in an emergency department for more than a day before getting a hospital bed may sound outrageous, but it's better than it was.

New data reveals that from April 2013 to March 2014, one in 100 people in Ontario spent more than 28 hours in the emergency department before receiving a bed once they'd been flagged to be admitted to hospital. That number has improved from the more than 32-hour wait in 2010-2011.

The Canadian Institute for Health Information (CIHI), a non-profit organization funded by provincial, federal and territorial governments, looked at data from more than 10 million ED visits across Canada. Canadians make a total of 17 million visits to the ED department each year but CIHI data excluded visits in New Brunswick, Quebec, Nunavut and the Northwest Territories.

Of all Canadians who arrive at the ED, 10 per cent are admitted to hospital. Of that number, one in 10 face the more than 28-hour ED visit time.

"While there have been minor improvements in how long the one in 10 admitted patients wait over the past three years, it does seem to be a persistent problem," said Greg Webster, director of acute and ambulatory care information services at CIHI.

Webster said it's important to note the "wait time" between arriving and leaving the ED is not all waiting. The time includes registration, testing and diagnosis, he said.

"While patients are waiting in the emergency department, they are being actively cared for by the emergency department health care team," he said. "But it's not the ideal setting for patient care."

Most of those who are sick enough for a bed end up waiting on stretchers either in an emergency room or hallway, said Dr. Howard Ovens, director of the Schwartz-Reisman Emergency Centre at Mount Sinai Hospital.

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Provincewide

18 women rescued in human-trafficking bust

A months-long investigation into human trafficking has led to the rescue of 18 women who were forced to work in the sex trade, police said Tuesday.

Nine people are facing 33 charges, including forcible confinement, making and distributing child pornography, assault, trafficking in persons, withholding or destroying documents, uttering threats and obstructing police, among others.

Twenty-six police forces were involved in the operation on Oct. 1 and 2, including Toronto and other parts of Ontario.

THE CANADIAN PRESS

Atlantic City

Brookfield wins casino bid

A federal bankruptcy judge on Tuesday approved the sale of Atlantic City's former Revel Casino Hotel for 5 cents on the dollar, or $110 million, to Toronto firm Brookfield Asset Management.

THE ASSOCIATED PRESS

Norwich

I thee wed, again?

It's alleged a woman officiating at a marriage ceremony in southwestern Ontario solemnized the sacred vows with no legal authority and under a false name. Dale Reade, 61, of London faces charges of fraud under $5,000, among others. THE CANADIAN PRESS

Hamilton

Man charged in child sex investigation

A Whitby man faces charges in connection with a Hamilton police investigation into an alleged child sexual assault nearly 40 years ago.

Police say their investigation began with a report that a boy was allegedly sexually assaulted in Hamilton between June 1976 to December 1977.

On Monday they arrested and charged 69-year-old John Leek in connection with the alleged incidents.

Police say he worked for both Hamilton and Peel District School Boards. Leek faces charges of indecent assault on a male and gross indecency. THE CANADIAN PRESS

Bee-killing pesticides targeted by environmental watchdog

Neonics. Commissioner calls it 'the biggest threat to the structure and ecological integrity of the ecosystem I have encountered in my life'

Calling a pesticide blamed in massive bee kills worse than DDT, Environmental Commissioner Gord Miller has ramped up pressure on the Ontario government to ban neonicotinoids — or neonics for short.

Bees are "the canary in the coal mine," Miller said, noting they play a key role in pollinating crops and warning, "If honey bees die, there's no honey."

Miller used his annual report to urge the government to measure the impact of neonics — developed in the 1990s and widely used to coat agricultural seeds — but said he'd prefer a moratorium on their use, as several European countries have done.

"This is the biggest threat to the structure and ecological integrity of the ecosystem that I have encountered in my life … bigger than DDT," which was banned in 1972, Miller told reporters Tuesday after delivering his 191-page review.

The report also calls on Premier Kathleen Wynne's government to phase out logging in Algonquin Park over the next 10 years — noting it's the only provincial park where commercial timber harvesting is allowed — takes aim at suburban sprawl and slams the Environment Ministry for lagging on action to help the pollution-plagued Aamjiwnaang First Nation near Sarnia's chemical valley.

"These people live with shelter-in-place advisories, where something happens and they're supposed to grab their children, run into the house, lock up and stay there," said Miller.

"That wouldn't be acceptable anywhere else in Ontario."

A beekeeper from Hanover said his operation has lost 100 million bees in the last two years. "We need Ontarians to stand up and push the government," said David Schuit of Saugeen Country Honey.

Neonics are now the subject of a proposed $450-million class action lawsuit by Ontario beekeepers against chemical companies Bayer and Syngenta.

TORSTAR NEWS SERVICE

Environmental Commissioner Gord Miller used his annual report Tuesday to urge the government to measure the impact of neonics, but said he'd prefer a moratorium on their use, as several European countries have done. TORSTAR NEWS SERVICE

'Much more toxic than DDT'

Too late for spring

Only about six per cent of the pesticide goes into plants with the rest spreading to soil and water, posing risks to birds and mammals, said Environment Minister Glen Murray.

He agreed neonics are "much more toxic than DDT" but warned conservationists not to expect any firm action for at least a year as the government continues efforts to consult stakeholders.

"We don't want to be rushed into this," said Murray, who noted farmers are now buying seeds for next spring. "The earliest change would be 2016."

Environmental activists accused the government of dragging its feet and ignoring the lessons of DDT, banned after 30 years of warnings from scientists about its harmful impacts on the environment.

With turkeys, fresh trumps organic, retailer says

Fresh From the Farm's Tim Schmucker TORSTAR NEWS SERVICE

Tim Schmucker peers into the walk-in freezer at his busy, east-end market. Somehow, he has to cram 300 Thanksgiving turkeys into this already overflowing space.

Forget about the second shipment of 300 turkeys that will arrive Thursday. Or the customers that will crowd Fresh From the Farm, his tiny Donlands Avenue store, and line up down the block just to get one.

"I don't know how we survive this every year," he says of the mid-October turkey rush.

In the last few seasons, demand for his big birds has reached a fever pitch.

Understandably. The meat is exquisite — tender, moist and forgiving (if, say, you overcook it).

These turkeys are the standard, broad-breasted white birds. They're not "heritage" breeds — birds that roamed wild and ran away from our hungry ancestors — that foodies go ape for these days. And they're not "organic." The pricey designation, Schmucker says, is out of step with today's local food movement.

Why are they so good?

The main reason, Schmucker says, comes down to timing. "They're fresh. Two days after leaving the barn they're on the dinner plate."

On an overcast Tuesday, Schmucker and his wife, Jacqui, make the drive west to Wallenstein, Ont., to visit the birds that will soon be Thanksgiving dinner.

But 17 years ago, the Schmuckers, both modern Mennonites who live in the city, would make this trek several times a month. Hauling a trailer behind their car, they'd bring back freshly butchered meat from a relative's farm.

Many of their friends, who moved to Canada from parts of the third world, marvelled at how that meat tasted like "back home."

In a few weeks, they'll be renovating the store to include more storage and freezer space. That doesn't help them with the turkey rush this week, but it'll be a boon during the busy Christmas season.

"We may be stressed out," Schmucker says. "But we remind ourselves we're here to provide local, small-farm produce to our customers. That makes it worth it."

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Study identifies 8 DNA variants in coffee drinkers

Java genes. Harvard research indicates four are associated with caffeine's effect as a stimulant and how the body breaks it down

Genes and coffee-drinking are closely linked. ISTOCK

How much coffee do you drink every day? One cup in the morning? Or do you gulp it all day?

Scientists have long known that your DNA influences how much java you consume. Now a huge study has identified some genes that may play a role.

Their apparent effect is quite small. But variations in such genes may modify coffee's effect on a person's health, and so genetic research may help scientists explore that, said Marilyn Cornelis of the Harvard School of Public Health. She led the research.

The project analyzed the results of about two dozen previous studies with a combined total of more than 120,000 participants. Those participants had described how much coffee they drink a day, and allowed their DNA to be scanned. The new study looked for minute differences in their DNA that were associated with drinking more or less coffee.

Researchers found eight such variants, two of which had already been linked to coffee consumption.

Four of the six new variants implicate genes that are involved with caffeine, either in how the body breaks it down or in its stimulating effects, the researchers said in a paper released Tuesday by the journal Molecular Psychiatry.

The two other newly implicated genes were a surprise because there's no clear biological link to coffee or caffeine, Cornelis said. They are instead involved with cholesterol levels and blood sugar.

Marian Neuhouser, a nutrition researcher at the Fred Hutchinson Cancer Research Center in Seattle and study co-author, said identifying genes related to consumption may one day help doctors identify patients who need extra help in cutting down on coffee if recommended. For example, pregnant women are advised to consume only moderate amounts of caffeine because of risk of miscarriage and preterm birth, she said.

THE ASSOCIATED PRESS

Signing the future 'hello'

A prototype of Japanese electronics company Toshiba's female android Ms. Aiko Chihira performs sign language to a visitor during the annual CEATEC Japan advanced technologies show in Chiba. The robot features smooth gestures and expressions, giving a self-introduction to visitors. Exhibitors used such attention-grabbing gadgets to showcase their technology and stand out at the event that began Tuesday.

KOJI SASAHARA/THE ASSOCIATED PRESS

Delaware

Girl accidentally brings heroin to daycare

A four-year-old girl mistakenly took about 250 heroin packets (an estimated four grams) to her daycare centre Monday and began passing the packets to classmates, thinking they were candy, Delaware State Police said Tuesday.

Any kids who received the heroin packets went to the hospital as a precaution, but no packs were opened and all children were examined and released.

Police say the child brought the heroin to the centre when her mother gave her a different backpack because the girl's regular one had been ruined by their family pet.

The girl's mother, Ashley Tull, 30, was charged on three counts of child endangerment and maintaining a drug property. She was arraigned Monday in Justice of the Peace Court and released on a $6,000 bond.

THE ASSOCIATED PRESS

Turkish president says border town 'is about to fall' to ISIS

Syria. Kurdish fighters battling to halt Islamic group's advance bolstered by U.S.-led airstrikes, but it won't be enough, Erdogan warns

Turkish Kurds standing on the Turkey-Syria border watch smoke rise following an airstrike in Kobani, Syria, where the fighting between ISIS and Kurdish forces intensified Tuesday. LEFTERIS PITARAKIS/THE ASSOCIATED PRESS

Islamic State of Iraq and al-Sham (ISIS) fighters were poised to capture a strategic Syrian town on the Turkish border, Turkey's president warned Tuesday, even as Kurdish forces battled to expel the extremists from their footholds.

The outgunned Kurdish fighters struggling to defend Kobani got a small boost from a series of U.S.-led airstrikes against the militants that sent huge columns of black smoke into the sky. Limited coalition strikes have done little to blunt ISIS' three-week offensive, and its fighters have relentlessly shelled the town in preparation for a final assault.

Warning that the aerial campaign alone was not enough to halt ISIS' advance, Turkish President Recep Tayyip Erdogan called for greater co-operation with the Syrian opposition, which is fighting both the extremists and forces loyal to Syrian President Bashar Assad.

"Kobani is about to fall," Erdogan told Syrian refugees in the Turkish town of Gaziantep, near the border.

"We asked for three things: One, for a no-fly zone to be created; two, for a secure zone parallel to the region to be declared; and for the moderate opposition in Syria and Iraq to be trained and equipped."

THE ASSOCIATED PRESS

Freedom of information

Twitter suing FBI, DOJ to release info on surveillance

Twitter is suing the FBI and the Department of Justice to be able to release more information about surveillance of its users.

Twitter Inc. filed a lawsuit Tuesday in a California federal court to publish its full "transparency report," which documents government requests for user information. The published report does not include the exact number of national security requests because Twitter, along with other Internet companies, has been prohibited from disclosing that information, even if no requests were received.

The San Francisco-based social media company said in a blog post that it believes it's entitled under the First Amendment to "respond to our users' concerns and to the statements of U.S. government officials by providing information about the scope of U.S. government surveillance." THE ASSOCIATED PRESS

House of Commons gives green light to join ISIS fight

Prime Minister Stephen Harper speaks in the House of Commons on Tuesday. Conservative MPs in the House of Commons have approved a motion to join the war in Iraq against ISIS. ADRIAN WYLD/THE CANADIAN PRESS

One by one, Conservative MPs in the House of Commons led by Prime Minister Stephen Harper voted late Tuesday to join the war in Iraq, passing a controversial motion that clears the way for Canadian CF-18s to embark on airstrikes in the Middle East.

After two days of debate, the motion to launch a combat mission against the militants of the Islamic State of Iraq and al-Sham (ISIS) passed 157-134.

Some 155 Conservatives voted in favour of the motion, with the help of Independent MP Brent Rathgeber and Green MP Bruce Hyer, while the NDP and the Liberals were opposed. Liberal MP Irwin Cotler abstained from the vote.

"We do not take this step lightly," Harper said in a statement following the vote.

"It is imperative that we act with our allies to halt (ISIS') spread in the region and reduce its capacity to launch terrorist attacks outside the region, including against Canada.

"Our government has a duty to protect Canadians and to shoulder our burden in efforts to combat threats such as (ISIS). We must do our part."

Combat missions do not ordinarily require Commons approval, but Harper himself promised any combat mission, including airstrikes, would be subject to a debate and a vote.

In a statement of his own after the vote, NDP Leader Tom Mulcair accused the Conservatives of "plunging Canada into a prolonged war without a credible plan," and said the motion which expressly permits airstrikes in Syria, too, with Syrian approval exposes Canada to a bloody civil war in that country.

"Time and again, Conservatives have refused to answer clear questions and been evasive on critical details of this mission," Mulcair said.

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Woman sues drug agency over fake Facebook account

Complaint. Sondra Arquiett says fake page gave the impression she was co-operating with investigation

The U.S. Drug Enforcement Administration set up a fake Facebook account using photographs and other personal information it took from the cellphone of a New York woman arrested in a cocaine case in hopes of tricking her friends and associates into revealing incriminating drug secrets.

The Justice Department initially defended the practice in court filings but now says it is reviewing whether the Facebook guise went too far.

Arrest background

Sondra Arquiett was arrested in July 2010 and was accused of being part of a drug distribution ring run by her boyfriend, who had been previously indicted.

- Arquiett pleaded guilty to a charge of conspiracy to possess with intent to distribute and to distribute cocaine base and was sentenced in January 2012 to time served.

Sondra Arquiett's Facebook account looked as real as any other. It included photos of her posing on the hood of a sleek BMW and a close-up with her young son and niece. She even appeared to write that she missed her boyfriend, who was identified by his nickname. But it wasn't her.

The account was the work of DEA Agent Timothy Sinnigen, Arquiett said in a federal court lawsuit. The case is scheduled for trial next week in Albany, New York.

In a court filing in August, the Justice Department contended that while Arquiett — who is now asking for $250,000 US — didn't directly authorize Sinnigen to create the fake account, she "implicitly consented by granting access to the information stored in her cellphone and by consenting to the use of that information to aid in … ongoing criminal investigations."

THE ASSOCIATED PRESS

Putin marks 62nd birthday

Thousands dressed in the red, white and blue of the Russian tricolour form an enormous human flag as they walk through the streets of Grozny Tuesday to celebrate Vladimir Putin's 62nd birthday. Elsewhere in the Chechen capital others carried a 600-metre-long Russian flag through the streets. The Russian president, however, was not around to see the tributes created in his honour. He was in the wilderness of Siberia. Putin has often brandished his tough-guy image with wilderness romps during which he hunts, fishes or rides horses — often while shirtless. MUSA SADULAYEV/THE ASSOCIATED PRESS

Hawaii

Eight-year-old boy survives fall down trash chute

An eight-year-old Hawaii boy who fell six storeys down a trash chute and was pulled out by a neighbour with a fire hose has suffered only cuts.

The Honolulu Star-Advertiser reports the boy's 13-year-old aunt rushed up to 29-year-old Dan Kaetsu on the eighth floor of the Honolulu condo tower, asking for help.

She says the boy threw garbage down the chute and fell through the opening. He landed in trash piled up to the second floor.

Kaetsu broke a glass fire-hose box and sent the hose down the chute. Using the chute walls for support, the boy held the hose, and Kaetsu hoisted him to the eighth floor.

Firefighters arrived as the boy emerged.

He was taken to a hospital with cuts to his forehead, arms and feet.

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Transplanted womb baby doing well

Mother. Told at 15 she had no womb, that she could never have kids

The parents of the first baby born from a transplanted womb hope they can be an inspiration to others struggling with infertility — but that's not why they did it.

After what they describe as a roller-coaster of a journey, the Swedish couple finally became parents last month, when the mother gave birth to a premature but healthy boy. For the couple, who spoke only on condition of anonymity because they don't want their child to become a target of publicity, making history was an afterthought.

"Yes, we're the first to do this, but that's not the important thing," the mother told The Associated Press during an interview at her home, on condition that the exact location not be revealed.

The important thing, she said, was that she has given birth to a son, more than two decades after being told that was medically impossible.

"We've been through so many things I couldn't control, but now that this little fantastic boy is here I just feel relieved," she said. THE ASSOCIATED PRESS

Vincent, the first baby born to a woman who had a womb transplant.
BEN JARY/THE ASSOCIATED PRESS

Fredericton. Death of Mountie highlights need to deal with PTSD: RCMP

The death of RCMP Cpl. Ron Francis, who helped draw attention to post-traumatic stress disorder among emergency first responders, is a terrible loss that underscores the need to deal with the issue, the RCMP's commanding officer in New Brunswick said Tuesday.

"It's unfortunate that this condition, if you will, took over and consumed him, but he didn't let go,'' assistant commissioner Roger Brown told a news conference at RCMP headquarters in Fredericton. "His goal was to try to make some sense of it himself and to bring an awareness to what this is all about."

Francis was found dead Monday afternoon at the Kingsclear First Nation. It appears no one else was involved in his death but Brown wouldn't provide any details about the circumstances of how Francis died. THE CANADIAN PRESS

Saskatchewan. Train derails and catches fire; village being evacuated

A CN freight train carrying dangerous goods derailed in central Saskatchewan on Tuesday and caught fire.

The Saskatchewan government said the derailment happened near the small community of Clair, which was being evacuated. RCMP said people with farms in the area were also being told to leave.

CN spokesman Jim Feeny said the train was made up of three locomotives pulling 100 cars and that 26 of them derailed.

He said the fire came from petroleum distillate, which spilled from two of the derailed cars.

"They had fire and smoke," Feeny said. "The crew is not injured, but we have reports from the local authorities that some nearby residents in the rural area have been evacuated."

Highway 5 was closed in the area. THE CANADIAN PRESS

Same-sex couple becomes first to marry legally in El Paso County

Jana Hayes, left, and Angie Hayes embrace under an altar on Tuesday at the Citizens Service Center in Colorado Springs, Colo., after self-officiating their own marriage and becoming the first same-sex couple to legally wed in El Paso County. Colorado Attorney General John Suthers ordered clerks in all of the state's 64 counties to issue marriage licenses to gay couples after the Colorado Supreme Court lifted previous orders barring clerks in Denver and Boulder from doing so. MICHAEL CIAGLO/THE COLORADO SPRINGS GAZETTE/THE ASSOCIATED PRESS

Driven to distraction by voice-activated gadgets?

Studies. Hands-free devices meant to cut down on distracted driving may be doing more harm than good

Just because you can talk to your car doesn't mean you should.

Two new studies have found that voice-activated smartphones and dashboard infotainment systems may be making the distracted-driving problem worse instead of better.

The systems let drivers do things like tune the radio, send a text message, or make a phone call while keeping their eyes on the road and their hands on the wheel, but many of these systems are so error-prone or complex that they require more concentration from drivers rather than less, according to studies released Tuesday by the AAA Foundation for Traffic Safety and the University of Utah.

One study examined infotainment systems in some of the most common auto brands on the road: Chevrolet, Chrysler, Ford, Hyundai and Mercedes. The second study tested the Apple iPhone's Siri voice system to navigate, send texts, make Facebook and Twitter posts, and use the calendar without handling or looking at the phone. Apple and Google are working with automakers to mesh smartphones with infotainment systems so that drivers can bring their apps, navigation and music files into their cars.

Apple's Siri received the worst rating, 4.14. Twice test drivers using Siri in a driving simulator rear-ended another car.

Chevrolet's MyLink received the worst rating, 3.7, among the infotainment systems. Infotainment systems from three other automakers Mercedes, Ford and Chrysler also were rated more distracting for drivers than simply talking on a handheld cellphone. Most of the cars were 2013 model year vehicles.

THE ASSOCIATED PRESS

Market Minute

DOLLAR 89.52¢ (-0.32¢)

TSX 14,576.45 (-166.67)

OIL $88.85 US (-$1.49)

GOLD $1,212.40 US (+$5.10)

Natural gas: $3.94 US (+$0.03)
Dow Jones: 16,719.39 (-272.52)

Stormy days for workers in Romania

A Romanian worker holds a megaphone during a protest by trade unionists from all over Romania, Tuesday in the capital of Bucharest. Thousands joined a protest demanding changes to the employment legislation, which, according to the trade unions, gives excessive powers to employers and offers very limited means for negotiating working conditions to the employees. The Sanitas health trade union says 30,000 doctors and nurses have left Romania in recent years due to low salaries and underfunding. Junior doctors earn 200 euros ($260 US) a month. Unofficial payments and bribes to health-care staff are common.

VADIM GHIRDA/THE ASSOCIATED PRESS

Got milk? You can get a four-litre jug for only $3.65, if you drive to Windsor

Windsor, Ont. is the discount dairy capital of Canada.

According to a survey conducted by Field Agent, you can buy a four-litre jug of milk for $3.65 at Windsor's Costco and No Frills locations. That's the lowest price in the country and $1.15 cheaper than the national average.

The study found milk prices vary significantly across Canada. For example, a four-litre jug of milk in Scarborough, Ont. retails for the same price as a two-litre carton in St. John's., Nfld.

Prices were higher in the Atlantic provinces, with residents paying 25 to 50 per cent more for milk than the average Canadian.

Field Agent commissioned the study to draw attention to the complex system of regulation, tariffs and quotas that props up the Canadian dairy industry.

LUKE SIMCOE/METRO ONLINE

Report

The True North, strong ... and slow to embrace tech

Some of North America's most influential online companies warn that Canada is losing its international edge on the Internet because businesses are slow to take up digital technology.

The Internet Association points out the contribution Internet companies in Canada make to the economy continues to be far below that of other G20 countries.

THE CANADIAN PRESS

Wal-Mart Stores Inc.

Always low prices. But not always health insurance

Wal-Mart Stores Inc. plans to eliminate health insurance coverage for some of its part-time U.S. employees in a move aimed at controlling rising health-care costs of the nation's largest private employer.

Wal-Mart told The Associated Press that starting Jan. 1, it will no longer offer health insurance to employees who work less than an average of 30 hours a week.

THE ASSOCIATED PRESS

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MATH: THE NOBELIST OF PURSUITS

JUST SAYIN'

Paul Sullivan
metronews.ca

It's Nobel prize season again, the time of year that reminds us of the good things that can happen if we stick with math.

This year's physics prize winners include the three guys from Japan who invented LED lights, which have had an instant and illuminating impact on our world.

Each scientist gets a cool eight million kronor (about $1.1 million), while a grateful planet gets a vastly more efficient lighting technology that just screws into the old one.

LED (an acronym for light-emitting diode) lights last 10 times longer than fluorescent lights and 100 times longer than bad old Thomas Edisons. This is significant because one-quarter of the world's electricity goes to lighting.

LED lights have already taken over about 10 per cent of the lighting load, and the Lighting Research Center (you knew there would be one of those) estimates that will increase to 30 per cent when the price comes down.

That's good for a few billion tonnes of greenhouse gas.

Last year's physics prize was pretty cool, too — it recognized the discovery of the elusive Higgs boson, one of the elemental particles of the universe, tracing its lineage back to the Big Bang. But you need Carl Sagan to explain what the little guy actually does, and, unfortunately, Carl's no longer with us.

The LED light, on the other hand, is conveniently available at your local Canadian Tire store. Not only does it last 10 to 100 times longer than an old-fashioned bulb, it costs 10 to 100 times more. But you just screw it in the socket and forget about it. It's a race to see what lasts longer, you or your light bulb.

This is obviously a problem, and someone in the lighting industry is going to have to figure out how you make money from something that lasts forever. Right now, the generally accepted North American business plan is for cheap stuff that falls apart in three years.

Still, the LED reminds us of the power of science and technology to change the world, just like that. Just when you think the grid is overextended and ready to blow the mother of all fuses, a scientist finds a way to increase capacity by 10 to 100 times.

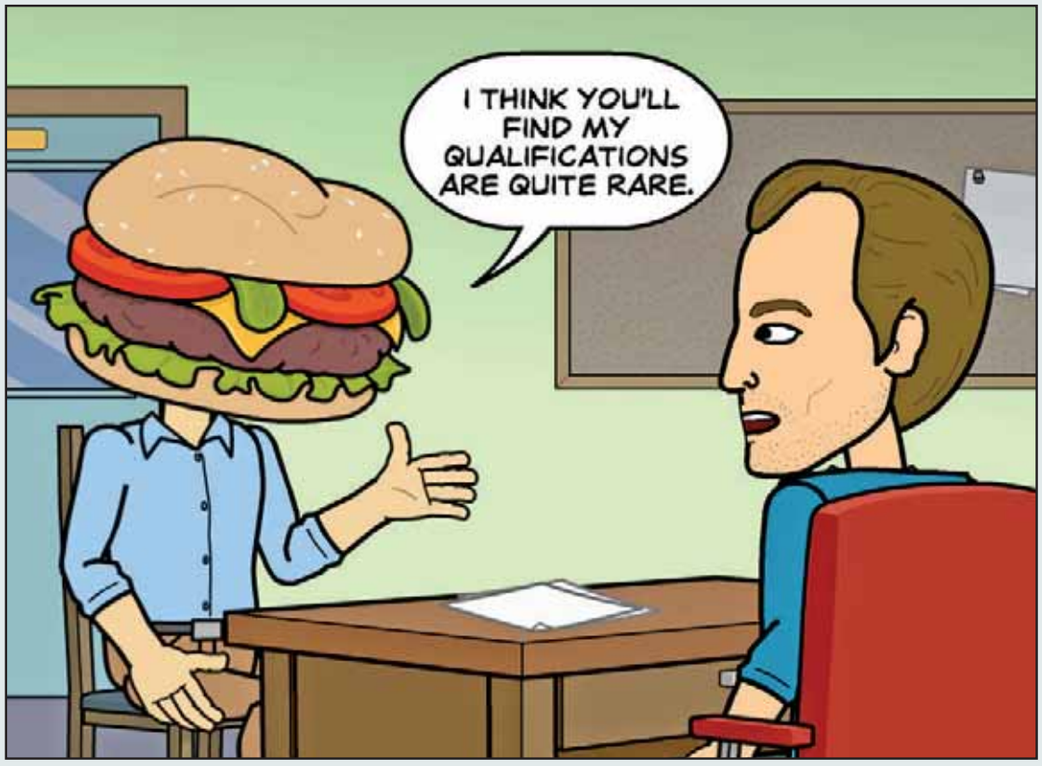
The idea that science will save us is not popular these days among the children of Hollywood, who have been raised on the notion that science will kill us if we're not careful. Funny, but the technology-driven apocalypse is a lot more believable with the discovery of digital special effects. Some math nerd could win both a Nobel and an Oscar, but end up turning us against technological progress. Oh, the irony.

So the LED prize comes at a crossroads in human evolution. As curiosity and freedom of thought are all under assault by people who flunked math, it's a timely reminder that on its good days, science rules.

Now, if only we can figure out what to do with a Higgs boson.

Metro Bitstrips caption contest

Today's winner: Kyle Sherman



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MetroTube

'Holy mother of muumuu!'

ANDREW FIFIELD
andrew.fifield@metronews.ca

ISTOCK

David Schulze and his wife were driving through Mer Rouge, Louisiana, this weekend when they came across a tractor-trailer — carting a crane for good measure — stalled on the train tracks while the warning bells wailed. What happened next is fairly predictable. According to KNOE TV, the truck's driver escaped in time. However, two railroad employees were injured in the crash and are recovering in hospital. (David Schulze/YouTube)

Twitter

A town in Alberta has decided to uphold its 109-year-old ban on alcohol. What would you banish from your city for a century?

@piemagjess: Racism... is that asking for too much?

Join the conversation @metropicks

metro AR

SEE THE NEWS COME ALIVE

In this issue, you can find AR enhancements on page 17 in Scene and page 24 in Life.

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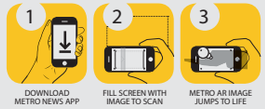

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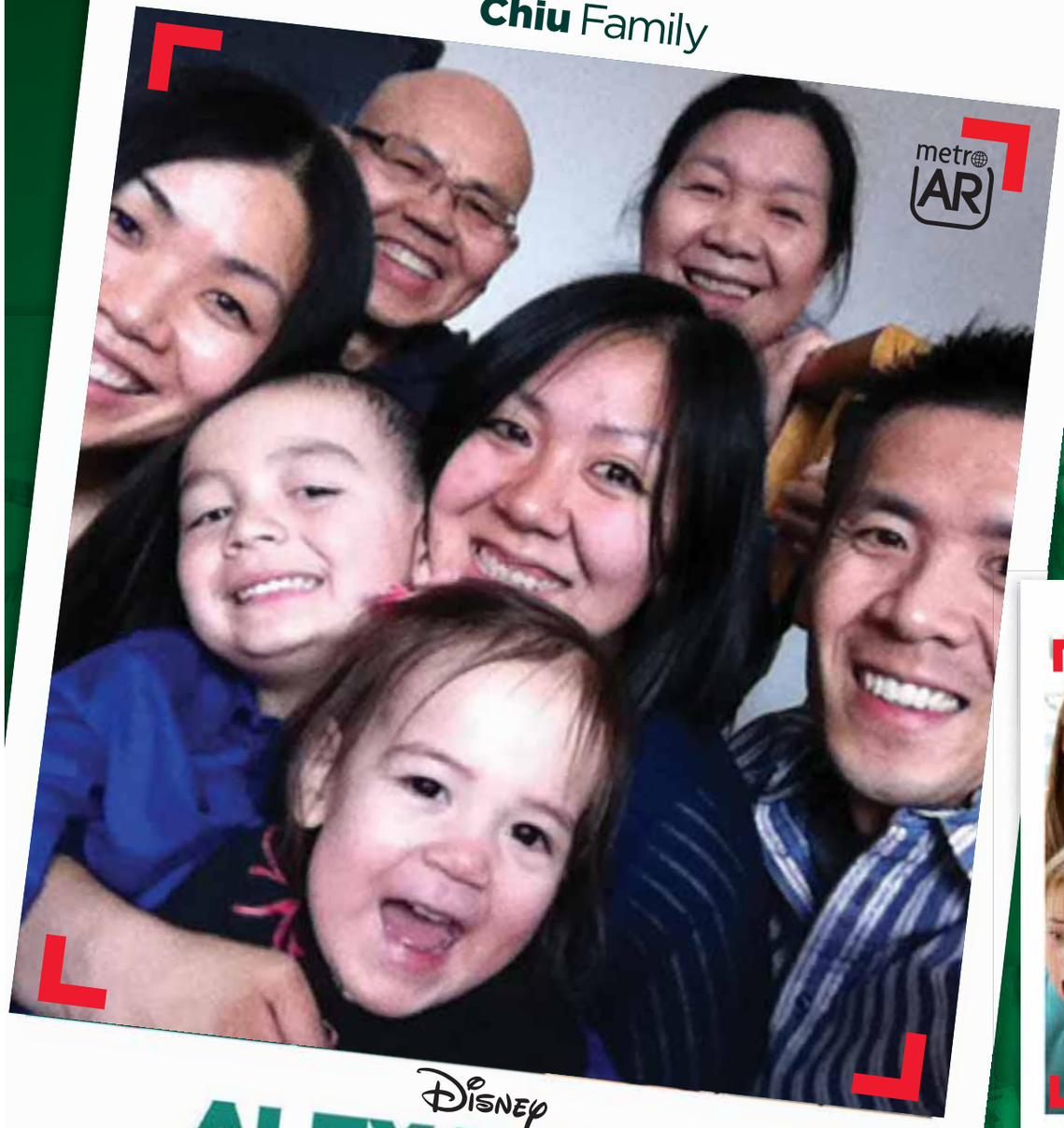

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IN FOCUS
Richard Crouse
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Robert Downey Jr. CONTRIBUTED

"My father's a lot of unpleasant things. A murderer's not one of them."

That's how Robert Downey Jr. describes his father, the titular character in this weekend's legal thriller The Judge. Robert Duvall plays the irascible old judge, who, when accused of vehicular manslaughter, must reluctantly rely on his estranged lawyer son for a defence in court.

While he's on the bench, he's a no-nonsense justice who doles out old-fashioned common sense along with his judgments. In one case, he makes a deadbeat dad hand over his brand-new truck to his ex-wife, joining a long list of movie magistrates who have meted out law and order on the big screen.

Everyone remembers Fred Gwynne as My Cousin Vinny's Judge Chamberlain Haller —his classic question, "What is a yoot?" may be one of the most famous movie lines delivered from the bench — but how about Judge Doom, the much feared judge of Toontown?

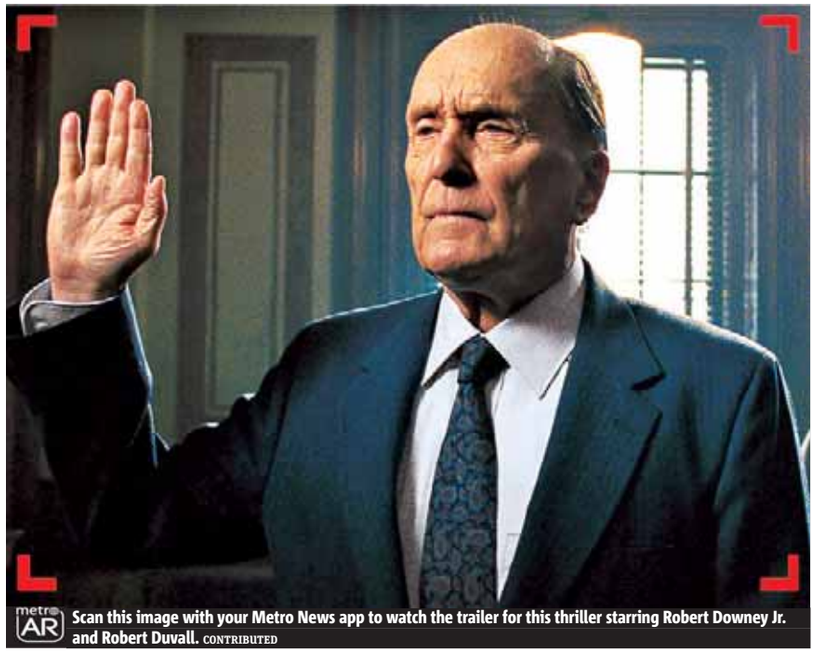
As played by Christopher Lloyd in Who Framed Roger Rabbit, he presides over a town of cartoon characters, punishing lawbreakers with the dreaded Dip, a bubbling vat of turpentine, acetone and benzene that "erases" them. His mission is to pin the murder of Marvin Acme on Roger Rabbit. "I'll catch the rabbit, I'll try him, convict him and execute him!"

Everyone has heard the term "judge, jury and executioner," but Judge Dredd adds one more title, police officer. Set in 2080, this Sylvester Stallone movie sees the justice system boiled down to Street Judges who enforce the laws and dole out instant justice. When Joseph Dredd is convicted for a crime he didn't commit, he must prove his innocence. "The evidence has been falsified! It's impossible! I never broke the law, I AM THE LAW!"

Finally, a more conventional judge is seen in Anatomy of a Murder, the 1959 Otto Preminger film about an army lieutenant accused of murdering a bartender who attacked his wife.

The all-star cast — defence attorney James Stewart, George C. Scott as the prosecutor, Ben Gazzara and Lee Remick as the defendant and his wife — was presided over by real-life lawyer Joseph N. Welch as Judge Weaver.

Welch made several pictures, but is best remembered as the attorney who represented the Army in the McCarthy hearings and scolded the Communist-hunting senator with the famous words, "Have you no sense of decency, sir?" when he verbally attacked a member of Welch's law firm.



metro AR Scan this image with your Metro News app to watch the trailer for this thriller starring Robert Downey Jr. and Robert Duvall. CONTRIBUTED

Youth must be served

"What is a yoot?
Judge Chamberlain Haller's
classic line in My Cousin Vinny

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Horror series lets its freak flag fly

American Horror Story. New season returns with a creepy carnival freak show

Kathy Bates gives a hair-raising performance on American Horror Story: Freak Show. FX

Step right up, ladies and gents: American Horror Story is back for Season 4, complete with a bearded lady, a woman with two heads and another with three breasts.

This installment of the series is called Freak Show (debuting Wednesday, Oct. 8 at 10 p.m. EDT on FX Canada) and is set in Jupiter, Fla., in 1952. It revolves around one of the last touring companies of physically different humans.

The problem is that business is bad, forcing owner Elsa Mars (portrayed by Jessica Lange) to go to great lengths to assure that the show goes on.

The show's co-creator Ryan Murphy said Lange came up with the concept.

"I think back in Season 1, she said, 'We've got to do carnival, freak shows,' and she kept sending me books," he said.

With his creative partner Brad Falchuk, Murphy eventually embraced the idea. He wanted the show to imbue a spooky, early 1950s sci-fi feel, and he wanted to give Sarah Paulson an impossible role.

She plays the characters Bette and Dot Tattler, conjoined twins who may be the star attraction that Elsa's show desperately needs.

Paulson called the roles "the most difficult thing I've ever done in my life."

She said the characters' heads can't turn to look into each other's eyes.

Quoted

"I have always felt like a freak, from two years of age on. It really is a story of prejudice. And it is a story about people who are not the norm ... who just want to be appreciated and seen for who they are inside and outside."

Ryan Murphy, co-creator
on Season 4 of American Horror Story

"And that's a hard thing to do, to act with yourself," Paulson explained. "I like to act looking at others' faces, like Kathy Bates."

The premiere attracted almost all members of the large AHS ensemble, including cast members who are physically different in real life.

They include the two-foot-tall Jyoti Amge, the world's smallest living woman, and Erika Ervin, who, at six feet eight inches, is dubbed "the world's tallest professional model" by Guinness World Records.

And yet there's more to Freak Show than physical appearance.

"I have always felt like a freak, from two years of age on," explained the openly gay Murphy.

"It really is a story of prejudice. And it is a story about people who are not the norm ... who just want to be appreciated and seen for who they are inside and outside."

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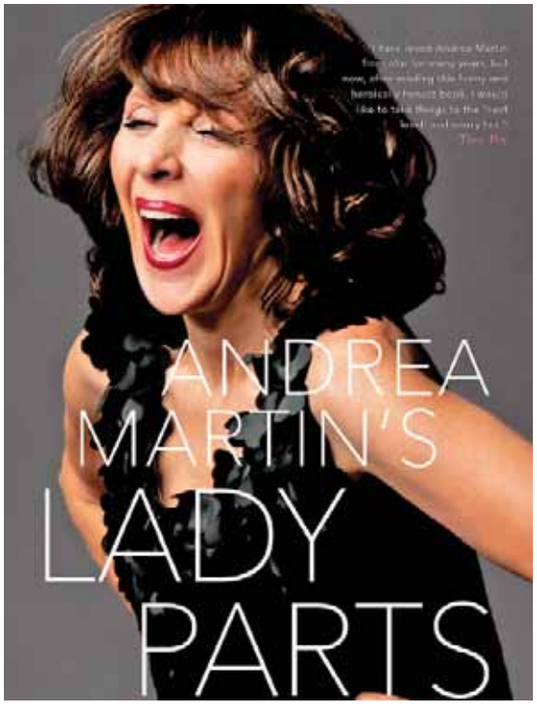
Comedian goes for guts and glory



Lady Parts. Andrea Martin discusses battle with bulimia, flying on a trapeze in new book

Here's a tip for the next time you bump into Andrea Martin: Don't forget to spit out your gum.

It turns out she suffers from misophonia — the dislike of small, irritating common noises, such as magazine pages turning or water dripping. Or gum chewing. But she's way too polite to be nasty about it.

The Tony- and Emmy-winning comedian reveals that and plenty more in her book Andrea Martin's Lady Parts, a series of essays that discuss her childhood, her career and a slightly mad devotion to her hairdresser.

Among the other revelations: She battled bulimia. She's scared of heights. She had a 28-year-old lover when she was 57. She keeps tubes of makeup forever. And there's one truly shocking confession: She's not Canadian.

Martin was born in Portland, Maine, and fell in love with Canada during a visit in 1970.

In her book, Martin, 67, talks about being on SCTV alongside the likes of Eugene Levy, John Candy and Catherine O'Hara, and what it was like to be in Pippin on Broadway.

You come clean about not being Canadian in this book?
I do! I actually feel like I have the personality of a Canadian, which is self-effacing and apologetic. I guess maybe that's why I fit in there. I never meant to lie. People with television sets propelled me into the lie. I kept it going.

Shocking confession

"I actually feel like I have the personality of a Canadian."

Andrea Martin
comes clean about not being Canadian

It's less a memoir than a collection of stories, right?
They said explicitly, 'We don't want a memoir.' That was a relief because I couldn't remember even my middle name so I can't possibly write a memoir. But I can write about squirrels in my attic because that happened five minutes ago.

Was there anything that was hard to write?
Yes, the piece on bulimia. I started writing it and it poured out of me. I wouldn't be able to talk about myself without addressing that because it was such a big part of my life. Really, it was for my sons. I thought, 'How could I possibly be hypocritical in my desire for them to be authentic when I can't be?'

In Pippin, you attacked a trapeze like a trained acrobat. Did you astonish yourself by what you could do?
I think it's great to surprise yourself all the time, but that's not what fuelled me. Really what fuelled me was the pure joy of being in a circus ensemble, something I'd dreamed of all my life. I've always been fascinated by the darker side of the circus — the sideshows, the world that Federico Fellini creates. I studied mime in Paris, for God's sake! I was just so joyful that I got to live out a fantasy.

One chapter you seem to have had the hardest time writing was about SCTV. Why?
My biggest barrier was my sense of responsibility to my cast mates. I wanted to represent them in a truthful way. And part of me wanted to keep it private. It was such a unique time. We were on our own, underground, creating 17 hours a day in these studios in Edmonton. We relied on one another and it almost felt like an intrusion to now welcome other groups of people in. I wanted to keep it special.

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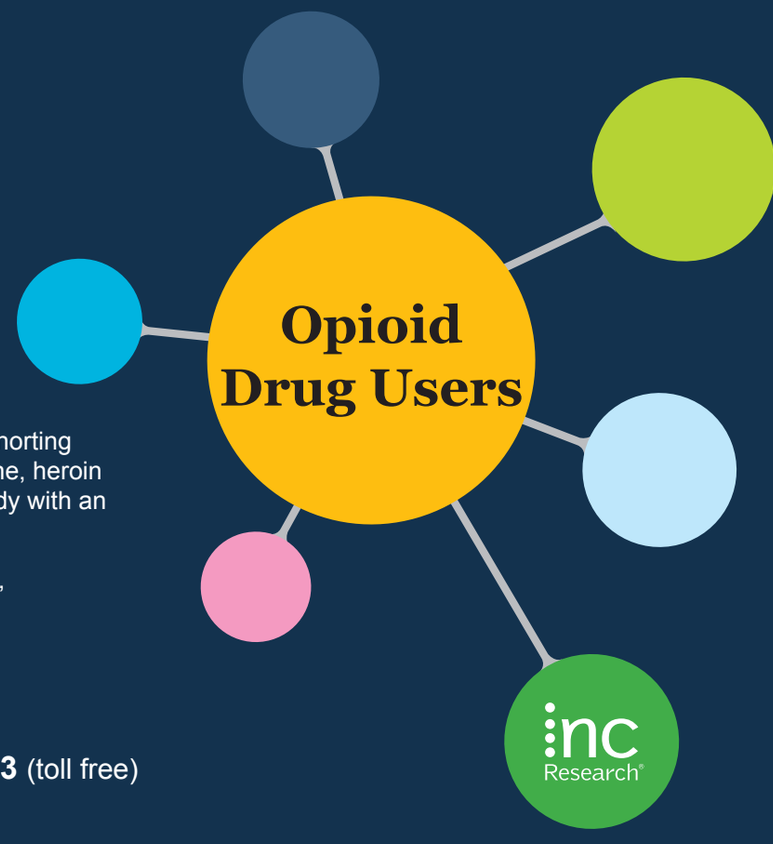

Playing with Prince means just jumping in

3rdEyeGirl. Canadian guitarist hand-picked by Prince has learned to follow the master

Donna Grantis grew up in the bustling suburb of Mississauga, Ont., and polished her considerable guitar chops at McGill University — but now she has two feet firmly planted on Planet Prince.

She remembers the first time she was reeled into the pop icon's orbit: She received an email asking if she wanted to come to Prince's famed Minnesota studio Paisley Park to jam. A phone call soon followed with a short list of songs to learn.

Naturally, she was skeptical. But then a ticket arrived for a one-way flight.

Her good fortune didn't necessarily become easier to believe upon arrival; if anything, the sense of surreal fantasy was only heightened when the chameleonic pop star walked into the room, introduced himself, and they started playing.

It's been nearly two years now since Grantis was made a member of both Prince's backing band and the all-female trio he masterminded, 3rdEyeGirl.

But no one really gets used to playing with Prince.

"Every time we play a song, anything can happen at any time," Grantis relayed in a recent telephone interview. "Prince is a master bandleader, so we've learned to really follow him.

"He could break down songs at any time. He could cue a solo to anybody. We could start off with a set list but I don't think we've ever played a gig where we've followed it.

"He plays a song and we just have to jump in. Sometimes he'll even just play something we've never done before, like a groove, and we have to react.

"We're prepared for anything onstage."

The Purple One has just spearheaded the release of two albums: Art Official Age, a solo disc from the multi-instrumental, multi-genre master; and Plectrumelectrum, a groove-heavy record performed by 3rdEyeGirl, but written and produced by Prince.

Grantis caught up with The Canadian Press to discuss the records and help to settle some of the myths surrounding her legendary leader.

Anything can happen when you're performing with Prince

"We could start off with a set list but I don't think we've ever played a gig where we've followed it."

3rdEyeGirl guitarist Donna Grantis

You're entered into a guitar-solo sparring match with Prince at the end of the new tune Anotherlove on Plectrumelectrum. What was that like?

It was like four in the morning one night when we played the track all together. And I was playing the rhythm-guitar part and I knew at the end that that whole long jam-out section was going to be a massive, epic solo. And Prince asked me if I wanted to record the solo right there on the spot or the next day. And I thought, "OK, I'd like to record this tomorrow because I thought it'll give me some time to come up with some soloing concepts, try out some different ideas, maybe work out a few things." And he said: "OK. Let's do it now."

Donna Grantis, left, Prince, Hannah Ford and Ida Nielsen of 3rdEyeGirl who are releasing their debut album this week. HANDOUT/THE CANADIAN PRESS

I know he can call up any tune he wants in a live setting. Do you know how many songs you've learned since you joined his bands?

No, I don't — I've lost track. I know it's in the hundreds.

I want to fact-check some of the rumours I've heard about working with Prince. I've read about 12-hour jam sessions. I guess you don't get a ton of sleep working with Prince?

No, you don't. Sleep's overrated.

And I heard he sends the band funny, short emails?

We totally pass on messages by email. Yeah, he's got a great sense of humour.

You're joined in 3rdEyeGirl by Hannah Ford and Ida Nielsen. It's not the first time he's assembled an all-female group. What do you think motivates him to do that?

I think he likes the energy we bring to the table. I've heard him say that he admires the strength in working with women. And I think it's just so cool to have a balance of male and female energy in a band — and in anything for that matter.

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OUR TAKE ON THE WORLD OF CELEBRITIES

Palace staff who love dating apps left to Tinder mercies of the Queen

This had to be an awkward security briefing. Queen Elizabeth is reportedly "deeply concerned" about safety at Buckingham Palace since so many of her staff are having overnight guests that they met through dating apps like Tinder and Grindr, according to the Daily Mail. "There are real and serious security concerns at Buckingham Palace about members of staff use of dating apps such as Tinder, which can be rather sleazy," a source says. "The palace police are particularly unhappy about the number of guests of servants staying overnight, especially when they may have only just met." I wish someone had been using a hidden camera when a staffer had to explain to the Queen about Grindr and Tinder.

Queen Elizabeth
ALL PHOTOS: GETTY IMAGES

The Word

Shame is yours, not mine: JLaw

NED EHRBAR
Metro in Hollywood

Jennifer Lawrence is finally speaking out about the nude photo-hacking attack to which she and several other female celebrities fell victim.

And as usual, Lawrence has some pretty awesome things to say: "I was just so afraid. I didn't know how this would affect my career," Lawrence tells Vanity Fair. "Just because I'm a public figure, just because I'm an actress, does not mean that I asked for this. It does not mean that it comes with the territory. It's my body, and it should be my choice, and the fact that it is not my choice is absolutely disgusting. I can't believe that we even live in that kind of world."

There's a reason it took her this long to speak out, as the violation of privacy was pretty tough to get over. "Every single thing that I tried to write made me cry or get angry," Lawrence says. "I started to write an apology, but I don't have anything to say I'm sorry for. I was in a loving, healthy, great relationship for four years. It was long distance, and either your boyfriend is going to look at porn or he's going to look at you."

Which leads to one of the key points Lawrence so eloquently makes: Those photos aren't for you.

"It is not a scandal. It is a sex crime. It is a sexual violation," she says. "Anybody who looked at those pictures, you're perpetuating a sexual offense. You should cower with shame. Even people who I know and love say, 'Oh, yeah, I looked at the pictures.' I don't want to get mad, but at the same time I'm thinking, I didn't tell you that you could look at my naked body."

Oh, mon Depardieu! TMI, dude

Gerard Depardieu

Now, onto less serious topics, like Gerard Depardieu's past as a male prostitute. The highly quotable French actor — or is he technically a Russian actor, now? — has a new autobiography, That's the Way it Was, and it has some rather interesting revelations.

For instance, as a teen and young adult in France, he worked as an escort. "I've known since I was very young that I please homosexuals," he writes.

Oh, and not only did he please them, he would also sometimes mug them, which is just poor customer service.

"At 20, the thug in me was alive and kicking." That thug in him also led him into the lucrative worlds of auto theft — for which he served time — and grave robbing. Delightful.

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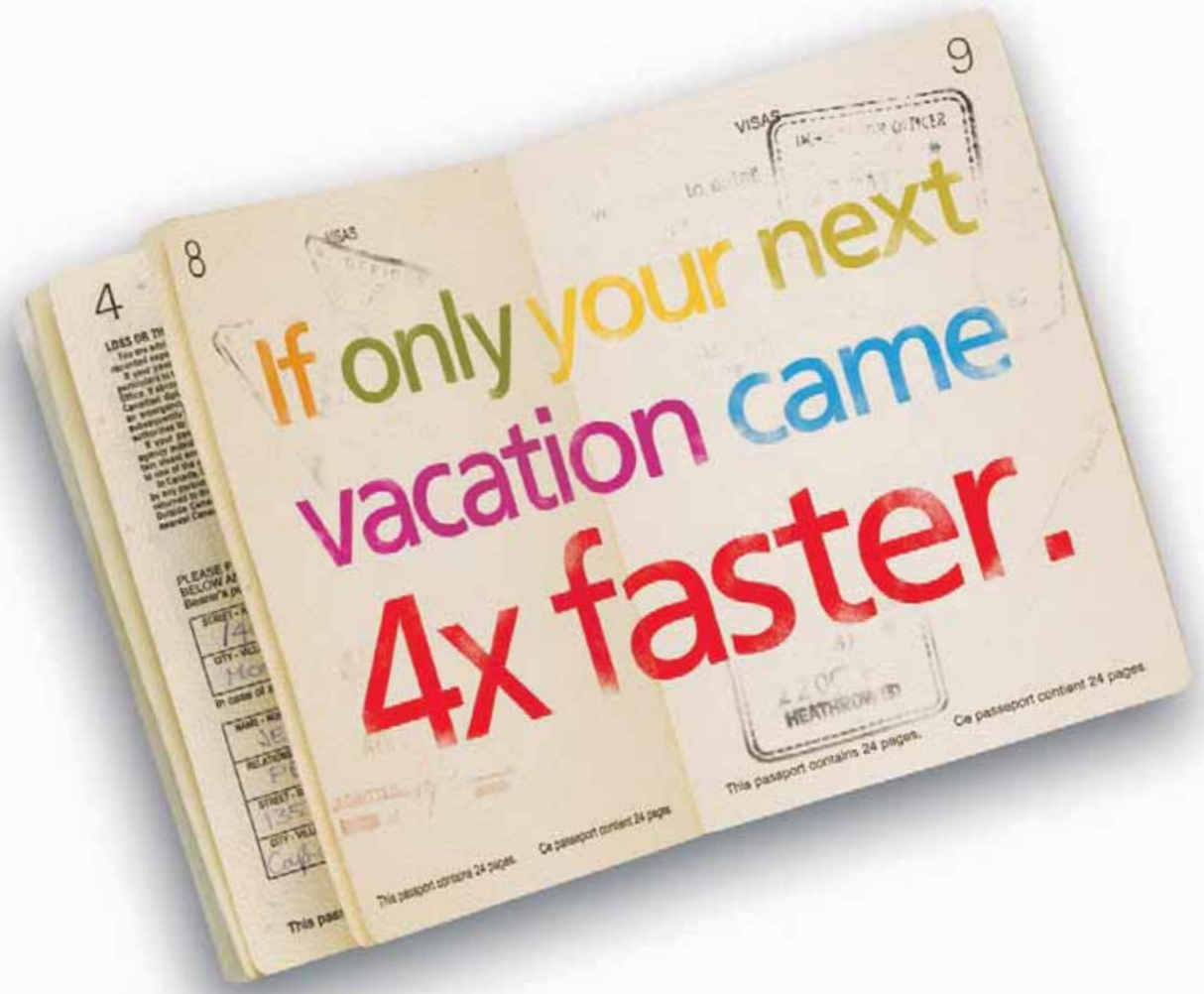

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How-to

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3. Sweatpants and other athletic wear can tend to look sloppy.
4. Roll up jackets for the overhead bin. To keep blazers clean, turn them inside out and fold them shoulder into shoulder before rolling them up.
5. Darker colours won't show dirt/spills as much.
6. Keep jewelry to a minimum. Elaborate earrings can make sleeping less comfortable.
7. Opt for simple slip-ons over lace-ups or high heels. And please wear your shoes to the lavatory!

DOUG WALLACE/METRO

Trend

Accessible airport lounges

Departure lounges aren't just for the elite. Hourly-fee lounges are cropping up to offer free snacks and beverages, Wi-Fi, work stations, conference rooms, private nooks, concierge services, showers, etc. The Airspace Lounge at JFK, Baltimore-Washington, Cleveland and San Diego lets passengers rest or work in comfort for $20. The Club at ATL in Atlanta, Dallas, Phoenix and San Jose offers day passes for $35. The Centurion Lounges by American Express (free for Platinum cardholders, $50 for most AmEx cardholders) have set up shop in LaGuardia, Dallas and Las Vegas.

TEXT: DOUG WALLACE, PHOTO: AMEX

Deal

Posh skiing for less in Colorado

The Arrabelle at Vail Square in Vail, Colorado, has 60 per cent off winter rates if you book a minimum of six nights by November 21 for travel between March 12 and 21. This is for one- to three-bedroom residences only, and breakfast is included. Just steps from one of the lifts, the Arrabelle has a healthy dose of old-school, European ski-chalet charm. Keep an eye out for the ubiquitous celebrities. Call Merit Vacations to book at 800-268-5940.

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ELI3

Oktoberfest. Raise your glass to these unique brew spots

Bucket list breweries

- **Largest brewery.** The Golden Brewery, Colorado
- **Oldest brewery.** Bavarian State Brewery, Weihenstephan, Germany
- **Most remote brewery.** Easter Island
- **Smallest brewery.** Bragdy Gwynant, Wales

For those unable to make it to the Kitchener-Waterloo, Ont. Oktoberfest — the second largest Oktoberfest in the world — Cheapflights.com rounds up a collection of unique breweries around the world. Cannabia is all about beer made with hemp. Since 1996, a town called Neunkirchen in Germany has been producing suds brewed with organic Pilsner and hemp to bring the term beer buzz to a whole new level. The weirdest brewery in the world has to be in Newport, Ore., where bottles of brewsky are made from human hair — male facial hair. Beard Beer harvests beard hair — a viable source of yeast — to produce suds. Then there's the coldest and northernmost brewery. Ice Cap Beer is produced in Greenland and made with melted ice from a 2,000-year-old iceberg. Oktoberfest in Kitchener, Ont. runs from Oct. 10-18th. AFP

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Building the pillars of education in Ecuador

Volunteer adventures. Donate more than money while learning about different cultures as you pick up new skills — like bending rebar and hand-mixing cement

VAWN HIMMELSBACH
life@metronews.ca

It's a winding eight-hour bus ride across the Andes, where you feel the effects of the altitude and bone-chilling cold.

After a motion-sickness-inducing descent into the Amazon basin, you then catch a motorized canoe for half an hour on the Rio Tinto, before being dropped into an environment that has tarantulas and snakes and sometimes 40-plus-degree heat. And this is after a full day of connecting flights from Canada to Quito, Ecuador.

All to get here: Minga Eco Lodge.

It's the definition of remote, deep in the Amazon. This is the newest destination in Me to We's Volunteer Adventure offerings, allowing volunteers to work alongside the Amazonian people and learn about the challenges they face.

"This isn't a luxury paradise vacation, but what you will get out of this is the satisfaction of knowing … you've been able to give someone something that's greater than money — and that's your time," said Lauren Ott, manager of executive projects with Free the Children.

I'm tagging along with a group of seven Aimia employees on a corporate-sponsored trip to help build a school in the nearby village of Bella Vista Baja. Aimia is a loyalty management company that owns Aeroplan and supports a range of charitable endeavours from donations to employee volunteer activities (for this trip, employees had to apply for a spot by writing an essay).

Alberto Valdes, a manager at Aimia, wanted to come here because his mother is Ecuadorian.

"Growing up, my mother always said how lucky we are to have what we have," he said. "I thought I knew what that meant, but when I got (to Ecuador), I realized I didn't."

Valdes made a sacrifice of his own to be here: His wife is seven-and-a-half months pregnant. Being cut off from the outside world — there's no Internet and no cell coverage, either — is challenging, but he wants to be able to share these stories with his kids so they're aware of important issues from an early age.

There are no roads here. Instead, we hop in a motorized canoe to get to Bella Vista Baja, a community where the only source of "clean" water is from a hose that comes up out of the ground in the middle of the school playground. There's only one toilet in the entire community, which belongs to the wealthiest family.

"Many of the indigenous people not only feel forgotten, but their infrastructure is very lacking," said Ott. In the past, non-profits would come to areas like this with an attitude of "build it and they will come."

But without community consultation, they built things and no one came. Outhouses became sheds; wells dried up.

Me to We's model is different, in that it requires sitting down with community leaders (not once, but six times) to find out what they need, rather than telling them what they need.

The community is also required to either pay or supply the resources for 10 per cent of every project.

"Our hope is within five or six years we're able to leave the community and they're fully sustainable," said Ott.

In Bella Vista Baja, we're helping to build a school, alongside a crew made up of locals. We cut, form and bind rebar to build, quite literally, the pillars of education.

Cement (mixed by hand) will be poured over the rebar to create pillars that will hold up the school. It's back-breaking work without machinery.

It will take six to seven months to complete one school, so our group will be one of many helping to make that happen.

But, "it's more than bending rebar all day," said Ott.

"It's taking the time to show someone that they're important enough that you took the time to meet them and learn their name."

The view from Minga Eco Lodge. PHOTOS: VAWN HIMMELSBACH/METRO

metro AR Participants had to cut, form and bind rebar to build pillars that will hold up a school in Bella Vista Baja, Ecuador. Scan this photo with your Metro News app to see more images.

Quoted

"Growing up, my mother always said how lucky we are to have what we have. I thought I knew what that meant, but when I got (to Ecuador), I realized I didn't."

Program participant Alberto Valdes, whose mother came from Ecuador

Finding their focus

"We wanted to create our own identity in the business-scape of Canada," said Alden Hadwen, Aimia's head of community engagement. So Aimia ran focus groups with members to find out what makes life meaningful for them, which has resulted in partnerships with not-for-profit organizations such as Free the Children, among others.

- **Members.** Can donate miles to various causes; Aeroplan also donates miles or matches miles. To date, 385 member miles have been donated, and Aeroplan has contributed close to 100 million miles.
- **Parents or grandparents.** Can redeem miles for a certificate that can help a young person go on a Me to We Volunteer Adventure.

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Brazil's paradise is in need of protection

The Pantanal. Efforts to protect jaguars in the largest tropical wetlands in the world have far-reaching impact

The Pantanal, the world's largest tropical wetlands, stretches across western Brazil and into Bolivia and Paraguay. The region is a fragile ecological paradise in need of careful management.

A dozen rivers flood 80 per cent of the area from the start of the rainy season in November, coursing though a region that is a magnet for intrepid tourists, including those who love to fish.

Visitors are primarily lured by the chance to see exotic animals in their natural habitat, but ecologists urge delicate stewardship of a region awarded UNESCO biosphere reserve status in 2000.

"If we want there to be jaguars in 50 or 100 years then we must preserve the Pantanal," says Douglas Trent, an American who has spent 30 years nurturing conservation projects in the area.

The Pantanal spans across western Brazil and into Bolivia and Paraguay. AFP

At 5:30 a.m., the sun is just up as Trent begins his day as chief researcher with the Bichos do Pantanal or Pantanal Animals Project, navigating hundreds of kilometres on the Paraguay River.

He documents fauna and tracks the movements of jaguar, king of the American jungle, the apex predator in a Pantanal region covering some 210,000 square kilometres.

Wildlife wonders

Sprawled lazily on the sand, their mouths open, are a group of Pantanal caiman, reptiles related to alligators and crocodiles. Nearby, a green iguana scales a tree, enjoying the region's luxuriant riverside vegetation.

The area boats 463 species of bird — including the Jabiru stork, which can grow to 1.5 metres — as well as 263 kinds of fish and more than 2,000 plants. The emblematic jaguar is threatened with extinction, but sightings have recently been on the increase around the Brazilian municipality of Caceres, in Mato Grosso state near the Bolivian border.

Caceres is known for its freshwater fishing. Each June it attracts 250,000 people to a championship the Guinness Book of Records recognizes as the world's biggest. But fishing is strictly limited to preserve stocks.

"In the late 1990s, people were catching tons of fish. Today it's one per person," says local environmental affairs secretary Jorge Amedi.

Teething troubles

Trent, a 57-year-old environmental scientist, arrived in the region in 1980 armed with plans to develop green tourism. One day, as a friendly gesture, a local resident gave him a tooth from a jaguar he'd hunted.

"I realized that if the local population are not aware of their natural riches and don't benefit economically from them, then they won't look after them," he explained.

He made his neighbour a proposal: "If I help set you up in eco-tourism would you stop killing jaguars?"

He took his plans to local villages, then joined Brazilian sustainable development specialist Jussara Utsch in documenting fauna.

Just a few days ago, a jaguar pair were seen near the river engaging in mating rituals.

The fearsome Pantanal jaguar, with its intense yellow-eyed gaze, can weigh up to 440 lb., although human attacks are rare. It belongs to the Panthera genus of leopards and lions.

Brazil says the region retains some 85 per cent of its natural vegetation but warns fishing and agriculture, infrastructure projects, deforestation and forest fires all pose a threat.

AFP

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Analysis

French Polynesia and the islands of Moorea and Bora-Bora are a luxury indulgence for the 50+ crowd. PETER REMUS

Trips for every stage of life

ON THE MOVE
Loren Christie
life@metronews.ca

There are limitless holiday options around the world. Here are some suggestions to help you narrow down that list to a lifetime of amazing and age appropriate vacations.

In your 20s

Take a few risks, go to places that aren't family friendly, stay up all night and be totally self-indulgent. Ibiza is Europe's best known wild-party spot. You will also want to give a woot-woot to Mardi Gras in New Orleans or Sydney and the Full Moon Party in Koh Phangan, Thailand. Challenge your fears and head to New Zealand, the world's headquarters for adventure and extreme sport. Go rafting, bungee jumping or underground glow-worm caving.

In your 30s

You may need a holiday from your young kids, but one that won't break the bank and is a step above backpacking. Consider Europe's lesser known gems; instead of Paris in the summer do Ljubljana, the capital of Slovenia, in the fall. Other affordable and charming destinations include Portugal, Romania and Estonia. If you prefer a sun holiday, hit an up-and-coming destination like El Salvador.

In your 40s

This is the time in your life where you either want a stress-free easy vacation with the family or you crave an adventure where your clan can bond. For Option 1, check into an All-Inclusive. This is the cake-mix vacation: All the ingredients you need are there, just add sunblock. Option 2, head to Southeast Asia where you will encounter fascinating cultures, friendly people and incredible history. Explore the incredible temples of Cambodia's Angkor Wat, take a bike trip around Vietnam's Mekong Delta, or get your whole family to volunteer at an elephant orphanage in Thailand.

In your 50s

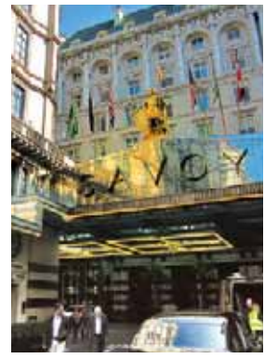
The kids are hopefully gone and it's time to spend some hard-earned money. For those inclined to adventure, take that once-in-a-lifetime safari. Kenya's varied topography and fine-tuned tourist industry make it a great choice. Or splash out and head to paradise: French Polynesia and the islands of Moorea and Bora-Bora. Celebrate midlife with your spouse in one of the world's ultimate romantic destinations.

In your 60s

Retirement is here, and now is the time for a longer holiday. Tackle a large and fascinating country like Australia. Consider booking some time on the Ghan train, which will take you through the Outback from Adelaide to Darwin. Or if you've already visited European capitals like London or Paris on previous travels, head back for a more in-depth look at an entire country.

Bucket List. The Savoy

Nothing like a short stay at London's quintessentially British Savoy Hotel to get a firm grip on what perfect English hospitality is all about. From the moment you step out of the cab to the minute you say "Cheerio," you will feel like the VIP you really are. Gorgeous rooms (particularly in the art deco part), beautiful lounges and conference rooms, postcard views of the Thames — it's all here. The American Bar is such an icon you may find yourself actually pretending to be American to bask in the glow. What most people don't realize is that the Savoy is a Fairmont, so you can use your President's Club card for perks/points. A reservation at Gordon Ramsay's Savoy Grill is a must. Have the grouse. Visit Fairmont.com/Savoy. TEXT AND PHOTO: DOUG WALLACE/METRO



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Canadians aren't just happy when they make a purchase which could result in travel rewards, they're also happy when they redeem those travel rewards down the line.

More than a third of Canadians (35 per cent) say they feel happy when they redeem for travel rewards because they love to get a good deal, according to the TD Travel Rewards survey conducted for TD Canada Trust.

The next most common emotion when redeeming miles is satisfaction with the chosen reward (26 per cent), followed by a sense of accomplishment in collecting the required number of miles and excitement about being able to take a dream trip (16 per cent).

"The suite of TD Aeroplan Credit Cards offer a great way for travel enthusiasts to get the most out of everyday credit card purchases and feel that exhilaration of reaching a goal when they redeem their Aeroplan Miles for a trip or reward that they have been planning for, for themselves, or with family or friends," said Stephen Menon, associate vice president, Credit Cards, TD Canada Trust. In addition to exploring the emotional response to the redemption of travel rewards, the survey also explored the personality types of travel rewards collectors.

The results showed that most Canadians who collect travel rewards fall into three main personality types — Strategizers, Savers and Accidental Tourists.

Strategizers, who make up 27 per cent of collectors, develop a detailed plan to earn as many miles as possible, including accumulating bonus multiplier miles by using a rewards credit card to purchase such things as groceries and gasoline. The second largest group — at 24 per cent — are Savers, who accumulate miles specifically for a dream getaway. Close behind are Accidental Tourists (22 per cent), who earn miles randomly and travel randomly.

Whether a Strategizer, a Saver or an Accidental Tourist, it's important to choose the travel rewards credit card that best fits your needs and helps you to achieve your goals as quickly and as easily as possible. Menon also suggests considering the other benefits a travel rewards credit card can offer. For example:

- Look for welcome bonuses and the ability to earn bonus travel rewards on certain purchase categories
- Take advantage of additional benefits that your travel rewards credit card may offer, like travel insurance coverage, concierge services and airline perks
- Understand the value of your travel rewards in a way that makes sense to you, like air travel or merchandise rewards
- To get the full benefits of any credit card rewards program, ensure the credit card bill is paid in full and on time each month to avoid interest charges on your purchases

Embrace the staycation vacation

Fall is here, and with the busy holiday season on its heels, planning to take even a short break from the office is on many of our minds.

But with competing financial demands, taking that mini-vacation can seem more stressful than relaxing. It's important to remember that vacations are about taking the time to relax, and a vacation close to home can be just as fun and easier on the bank account.

"Vacations don't have to be expensive — staycations are an affordable option that can provide the same mental and physical benefits as travelling to an exotic destination," says Stephen Menon, associate vice president, TD Credit Cards.

"But, regardless of what type of vacation you decide to take, it's still wise to plan ahead and budget for it."

SHUTTERSTOCK

KEEP COSTS LOW

If you do plan to vacation close to home, Stephen Menon, associate vice president, TD Credit Cards, offer his tips to keep costs in check:

- Plan ahead. For example, if your vacation plans include a weekend trip to wine country, after putting aside $50 a week for 6 months you'll have over $1,000 to put towards it.
- Budget for all costs associated with your travel and take advantage of rewards earned with your rewards credit card. Look for a credit card that lets you redeem rewards on all anticipated travel related expenses, including car rentals. Some cards also offer protection for your purchases against breakage or loss , and can sometimes reimburse you for certain emergency expenses due to travel delays and cancellations.
- Bring essentials from home — like groceries, snacks and water — which can help cut down on expenses while travelling
- Take advantage of free activities close to home like heading outside the city for some hiking.

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In the event of an event, follow these golden rules for getting yourself out there

They want you. When you show up to any job fair, remember the reason it's being held

ROSIE HALES
TalentEgg.ca

Networking has the ability to make people cringe. Just walking up to someone and starting a conversation can be blush-inducing and might even seem unnecessary. Why not save yourself the embarrassment and just find them online and send them an email?

It's not possible to emphasize enough just how important human contact is when it comes to job-hunting. The great part about recruitment events is that the networking opportunities need not be so daunting.

Making contact

Don't forget to swap info with company recruiters:

- Trade their business card for your business card, a resumé and a cover letter. This is a really good way to end a conversation that you think went well, and if you followed the tips in this article, then the recruiters will likely remember you and therefore need a way to get in touch with you later.
- Following up after a promising conversation is an obvious way to get out in front of the crowd. Doing so might just get you on the path to a career.

The one golden rule to networking at a recruitment event is to remember this fact: Every single recruiter at any recruitment event is there because they want to talk to you, maybe even hire you. Sounds a bit like a no-brainer, right? Wrong. You'd be surprised how many people choose to avoid a recruitment event because they're concerned about networking. Just keep the following tips in mind.

Ask questions about the company and their rep

The best way to leave a great impression on someone is to ask them questions about themselves. This definitely applies at a recruiting event, too. After you've introduced yourself to the campus recruiter, ask them:

- What brought them to work for this company?
- If they did post-secondary education, what kind did they do, and what was their specialty?
- What's their favourite part of the job?
- Which company office are they from?

Don't forget to ask key questions about the company:

- What kind of students are they looking to attract at this recruitment event?
- What do their available positions entail?
- How long does the application process take (so you know when to apply)?

Go ahead and tell recruiters what you like about their company's job-fair booth. That will show that you're paying attention, and aren't afraid to share your thoughts. ISTOCK

Let them know what you like about their booth

Employers love feedback about this kind of stuff as it lets them know what parts of their recruitment strategy are catching the eyes of people like you.

Try to say something a little more engaging than just commenting on the free stuff (even if that is the reason you like their booth). Find something to talk about that shows that you're attentive and perceptive.

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The picture in consulting is a promising one, for a wide variety of reasons. While consulting is a broad field with a range of opportunities, there are some qualities that apply to the industry as a whole, and those qualities bring particular benefits. Take a second to think about how these perks and benefits align with your career goals.

You're in the fast lane
Consulting offers invaluable skill-building, personal development and networking opportunities — right from the start. In fact, the level of autonomy and responsibility an entry-level consultant or analyst receives is almost unparalleled.

Working with a client's top CEO or CFO is not unheard of, which allows relatively new professionals ample opportunity to build a strong network in and out of the firm.

That professional spotlight means that consultants quickly develop and hone their problem-solving and communication skills.

Your work is diverse
As an industry that serves all others, consulting offers recent graduates variety like no other.

Consulting firms are primarily external, meaning your work will vary from client to client and project to project.

Over the course of just six months, you might tackle several different projects. Each one could offer a new kind of content and scope, as well as a range of clients, workplace environments and even countries.

By this measure, there is also enormous variety in the industries that a consulting firm can assist, be it a business firm, media organization, startup tech company or government agency. For many consultants, travelling is routine.

Consulting jobs provide opportunities to build strong analytical skills early on — an asset in any industry. ISTOCK

With so many different clients and projects, a career is consulting is most certainly not your typical day job, and far from monotonous.

You're well-rewarded
As with any booming industry, consulting is lucrative and the pay is substantial.

With companies lining up for the services offered by consulting firms, entry-level consultants can expect compensation packages that are intended to reward them — and keep them. Often salaries are cushioned with expense accounts, paid-for professional development, travel packages and free training. Entry-level consultants in Canada can expect an average salary of $50,000 in their first year.

You can learn and grow

The consulting industry remains one of the most successful industries around the globe.

- Organizations that employ consultants on a large scale (investment banks, private equity firms, corporate law firms and more) are often central to the sustained success of economies, because they are crucial in helping companies to raise capital, facilitate complex transactions, and integrate new technology.
- To this end, companies, corporations, and even governments are increasingly reliant on consulting firms to improve their operations and achieve strategic objectives.

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Turkey stuffing with a twist

Alternative Thanksgiving week. The combination of broccoli and wild rice shake up your holiday stuffing

DINNER EXPRESS
Emily Richards
food@metronews.ca

This recipe makes eight servings. EMILY RICHARDS

With Thanksgiving around the corner you may be thinking about what to enjoy with family and friends.

When inviting guests during the holidays, you may need to take into account some dietary restrictions, and it's always nice when flavour doesn't have to suffer.

Bread stuffings for turkey are very popular and certainly tasty, but with many gluten intolerances, that may not be on your list this year.

This unique twist on a stuffed turkey includes a wild rice stuffing with colourful broccoli and crunchy water chestnuts to give it an Asian-inspired taste for the table. With a little heat in the marinade, the flavours sing out.

Using rice as a stuffing idea makes this a versatile option for gluten-free family members who really do enjoy a stuffing.

1. In a large non-stick skillet, heat oil over medium heat. Add garlic and ginger and cook for 1 minute. Add broccoli and red pepper and cook for 3 minutes or until beginning to soften.

Add rice and water chestnuts and cook for 2 minutes or until warmed through. Remove from heat and add 2 tbsp (30 ml) of the tamari sauce, 1 tbsp (15 ml) of the vinegar and stir to combine. Let cool completely. Stir in egg white.

2. Using chef's knife, slice turkey breast horizontally in half almost all the way through.

Open like a book and using meat mallet, pound turkey to about 1 inch (2.5 cm) thick.

Spread rice mixture over turkey breast. Roll up jelly-roll-style and using kitchen string, tie roll in 2-inch (5 cm) intervals. Place in shallow small roasting pan.

3. In small bowl, whisk together remaining tamari sauce, rice vinegar and Asian chili paste. Pour over turkey breast, turning to coat all over.

Cover with plastic wrap and refrigerate for at least 1 hour or for up to 4 hours.

4. Roast in 325 F (160 C) oven for about 1 hour and 30 minutes or until meat thermometer reaches 180 F. Let stand 10 minutes before slicing into 1/2 inch (1 cm) thick slices.

Tip: If you want to use just the stuffing, simply make it as in the recipe and bake in a small casserole dish, covered in a 350 F (180 C) oven for about 20 minutes to heat through and cook the egg.

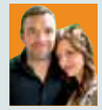
To cook wild rice, boil in salted water for 30 to 40 minutes or until tender but firm. The rice will have "popped" a bit during cooking.

Ingredients

- 1 tsp (5 ml) sesame oil
- 4 cloves garlic, minced
- 2 tbsp (30 ml) minced fresh ginger
- 1 cup (250 ml) chopped broccoli
- 1/2 red bell pepper, finely diced
- 2/3 cup (160 ml) cooked wild rice
- 1/3 cup (80 ml) water chestnuts, drained and diced
- 3 tbsp (45 ml) sodium-reduced tamari sauce
- 2 tbsp (30 ml) rice vinegar
- 1 egg white
- 1/2 tsp (2 ml) Asian garlic chili paste or Tabasco sauce
- 1 large boneless, skinless turkey breast (about 2 lb/1kg)

Food around the world

Brazil (vegan rating: 5/10)



MEAT AND VEG
meatandvegontheroad.tumblr.com
Photos: Suzi Staheli
Words: Eoin Weldon

Meat, a contented carnivorous writer, documents his and his vegan fiancée Veg's dietary journey as they travel and munch their way across four continents.

Veg: The beautiful southern beach town of Florianopolis was where we spent all of our time in Brazil, but the local seafood eateries didn't offer Veg many vegan options. To combat this, we raided the local markets and whipped up this varied dish of textured soy protein, gluten-free corn pasta, fresh cucumber slices accompanied by a tomato sauce laden with local brown beans and vegetables.

Meat: The country's

national stew is Feijoada so I decided to make my own large batch of this oily, satisfying pork-and-bean mix. I made so much, in fact, that I began adding it to breakfast most mornings with my chorizo, scrambled eggs, fried potatoes and toast. The local fish bakes in the restaurants are also worth a mention but my main culinary highlight was how much I enjoyed stew with my breakfast.

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SHUTTERSTOCK PHOTOS

DON'T BE LEFT OUT IN THE COLD

BEST DEFENCE AGAINST SENSITIVE TEETH

You may think that drinking an ice cold or piping hot drink causes it. Or maybe a big breath of cold winter air. But the painful reaction you have when you expose your sensitive teeth to extreme temperatures is the outcome, not the cause.

What causes your teeth to experience that uncomfortable twinge?

"Vital teeth are alive with nerve and blood supply to the teeth, so they respond to sensory stimuli such as hot, cold or pressure," says Dr. Janet Tamo, a Toronto dentist.

SHUTTERSTOCK

Hard brushing and certain sugary or acidic foods will affect the structure of the tooth and leave it vulnerable so that cold sensations have a pathway to the nerve, which will then cause pain.

Many people avoid exposure to cold drinks and foods, knowing that it may aggravate the sensation of discomfort. However, it's not just what you drink or eat.

"Even breathing in cold air while outside or in a cold hockey arena can aggravate the situation," Tamo says.

For some adults, the pain may only be occasional, but for many others, it can be chronic. And avoiding the unwelcome sharp pain associated with sensitive teeth can seriously interfere with their lifestyle and eating habits, causing them to stay away from certain drinks, food or even cold-weather activities that can set off the discomfort.

No one wants to be left out when it comes to winter activities. So Crest has developed Crest Sensi, a new line of products specially formulated to help with sensitive teeth. And Crest has partnered with National Hockey League Stanley Cup champion and Sochi Olympic gold medallist Martin St. Louis and his wife, Heather, to introduce these new products to Canadians, just in time for winter.

If you suffer with sensitive teeth, find out more about what you can do by talking to your dentist or hygienist. And switch to products that will help ease the pain so you can get out and play this winter.

PROTECT YOUR TEETH WITH CREST

Make sure that sensitive teeth don't stop you cold from having fun outside this winter.

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Crest and Oral-B Sensi products are available at Shoppers Drug Mart. For more information, please visit crest.com/en-CA/ or facebook.com/crest.

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If you are a hockey lover, don't miss a special celebration to kick off the coming NHL season. Come to Yonge-Dundas Square at noon on Wednesday for the 2014 Molson Canadian NHL Face-Off event. Enjoy hockey activities, live music, prizes, giveaways, special guest appearances and more. Then stay into the evening and watch the Toronto Maple Leafs renew their Original Six rivalry with the Montreal Canadiens on the big screen. Crest Sensi will feature new products at its booth.

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Shanahan staying active during feeling-out period

THE HOCKEY NEWS
Adam Proteau
toronto@metronews.ca

Maple Leafs head coach dodged being fired by new president Brendan Shanahan during the off-season. The same can't be said for Carlyle's assistants from a year ago as Shanahan is slowly putting his stamp on the team. FRANK GUNN/THE CANDIAN PRESS

The minute Maple Leafs president Brendan Shanahan and GM Dave Nonis decided to bring back head coach Randy Carlyle despite two straight seasons of ugly collapses, you couldn't help but get the sense this would be an evaluation year for the franchise.

As painful as that sounds for Toronto fans who have grown accustomed to management changes and on-ice disappointment, it's to Shanahan's credit that he didn't come in throwing bodies overboard sheerly for the sake of looking like he had a bold plan. Coming out of the NHL's head office as the league's former chief disciplinarian, he had no real sense of the team's strengths and weaknesses, no true metrics by which to measure who was bringing value and who was benefitting from Blue & White Disease (a malady that terminally overrates a percentage of Leafs employees), and no clue whether to fire or trade someone when there was no assurance the market had a better replacement for them. So it makes perfect sense for him to take his time and understand the dynamics of the organization.

He's been on the job nearly half a year now, but it isn't as if Shanahan hasn't made changes. Sure, he kept Nonis and Carlyle, but he removed their comfort zones by dismissing Carlyle's assistant coaches and Nonis' assistant GMs. And the roster hasn't been left alone, either. Shanahan and Nonis understand there's no Sidney Crosby available to turn the team's fortunes around, so they went to work bolstering the lower end of the lineup. On the blue-line, Carl Gunnarsson was dealt to the Blues for the edgier Roman Polak, and rugged veteran Stephane Robidas was signed as an unrestricted free agent. Up front, unrestricted free agent centre Dave Bolland was allowed to depart for Florida with his $5-million salary cap space spread out over a handful of worker-bee veterans (Daniel Winnik, Mike Santorelli, David Booth) and winger Leo Komarov, Mr. Human Sandpaper himself, was brought back into the fold.

So there are changes and pressure once again in Toronto. But there's also a chance the Leafs make the playoffs. If they don't rely on their top players so much, there may be more left in their tanks to prevent another end-of-the-year debacle.

But if things do go pear-shaped, either early in the year or with another ninth- or 10th-place finish, you can expect Shanahan will be much more active in terms of roster and management changes.

In other words, a little more patience, Leafs fans.

Leaving gas in the tank

"If they don't rely on their top players so much, there may be more left in their tanks to prevent another end-of-the-year debacle."

Three Leafs to watch

ADAM PROTEAU/THE HOCKEY NEWS
Photos by Torstar News Service

Jonathan Bernier

Showed he could be a bona fide No. 1 NHL netminder last year. Now he has to show he can do it consistently.

David Clarkson

First year on massive contract couldn't have gone worse; not off to a great start this year with training camp fighting injury.

Brandon Kozun

Twenty-four-year-old career minor-leaguer has turned heads at training camp. Can his five-foot-nine frame handle NHL punishment?

4 SPORTS

Leafs old and new ready for Habs

Rivalry renewed. Leafs and Habs to meet on opening night, marking the 725th time the rivals will have met in the regular season

Jonathan Bernier will be the opening night starting goaltender for the Leafs as they play host to the Montreal Canadiens. STEPHEN WHYNO/THE CANADIAN PRESS

Stephane Robidas knows from his 885 career games spanning 14 seasons what it's like to play in the NHL. But that doesn't mean the new Toronto Maple Leafs defenceman is any less excited about playing the Montreal Canadiens on opening night.

"Let's put it this way: This date's been marked on my calendar for a long time," Robidas said.

It'll be the first game in a Toronto uniform for Robidas and the first of a lot of other things Wednesday night. As the Brendan Shanahan era begins in earnest, the new-look Leafs will have just 10 players in their lineup who were there when last season's collapse began.

"We've added almost 10 new guys so you'd expect us to play a little differently and those guys to add something," winger Joffrey Lupul said. "We've made some changes to certain areas of how we play, so I think everyone is comfortable with that."

Along with Robidas, it'll be the first game with the Leafs for veterans Roman Polak, Mike Santorelli and Daniel Winnik. The 37-year-old Robidas could be the most important free-agent addition, given that he's expected to be a top-pairing defenceman with captain Dion Phaneuf.

"I want to be the same player as I was before," Robidas said. "I'm not the saviour, I'm not going to change this whole organization upside-down. We've made a few good changes over the summer, there's a lot of new faces. Younger guys gained experience over the last few years. It's a team game and I want to be a piece of that puzzle."

Perhaps the biggest piece is goaltender Jonathan Bernier, who is set to make his first opening-night start since his NHL debut. That came in 2007 at the age of 19 for the Los Angeles Kings in London, England.

"It's been a while," said Bernier, whose most recent opening-night nod came in the AHL in 2008. "You've got to control your emotion, not too high, not too low."

In front of Bernier, the Leafs' blue-line features a 21-year-old making his NHL debut in Stuart Percy. With Cody Franson still nursing a knee injury and targeting a potential Saturday return against the Pittsburgh Penguins, Percy is in despite being sent to the minors Tuesday as part of a salary-cap manoeuvre.

"He's done more than we anticipated," general manager Dave Nonis said of Percy. "We thought he would be an option for us 40 games into the season, that maybe another half year with the Marlies before he'd be a guy that was capable of playing. But yeah, he's put himself firmly in the picture, no question about it."

Also making his debut against the Habs is five-foot-eight winger Brandon Kozun, who made it impossible for management and coaches not to keep him around.

"It's crazy," Kozun said. "It will probably sink in more as we get closer to that game time."

While two new Leafs will make their NHL debuts, opening night nerves extend to veterans like Lupul, who figured even in his ninth season he'd have some trouble sleeping.

"I said to my friends last night, 'I just can't wait,'" Lupul said. "It feels like your first game again. Especially this matchup, Toronto-Montreal, opening night of the season in our building. It's pretty cool."

The Leafs host the Habs Wednesday at the ACC in what will be the 725th regular season meeting between the teams.

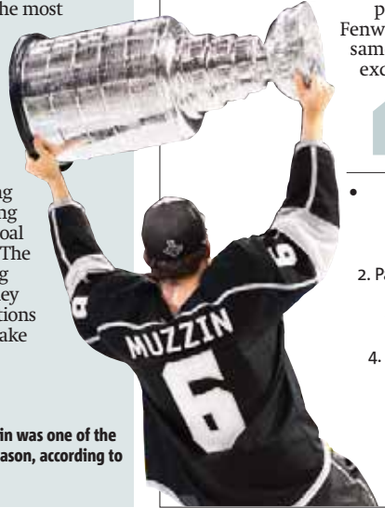
THE CANADIAN PRESS

Analytics rule the NHL

If you're a progressive thinker, the kind who loves math and Malcolm Gladwell books, you're probably big into hockey's advanced stats movement. Pat yourself on the back. But if you bristle at the mention of odd new phrases such as 'Corsi rating' and 'Fenwick Close,' and don't know what the heck we hockey media types have gabbed about all summer, keep reading. It's time for Advanced Stats 101. MATT LARKIN/THE HOCKEY NEWS

1 Corsi

Developed by former NHLer-turned-goalie coach Jim Corsi, who wanted to track how busy his goalies were, this is the most commonly used metric in advanced stats. It measures the differential of shots attempted by teams and players versus their opponents' total. That includes shots on goal, shots that miss the net and blocked shots. Corsi is an approximate way of measuring possession, as the team blasting more pucks at the opposing goal tends to have the puck more. The Kings had the best Corsi rating in the NHL last season, and they won the Stanley Cup. Correlations like that are why it's time to take advanced stats seriously.



Kings defenceman Jake Muzzin was one of the top possession players last season, according to Fenwick. GETTY IMAGES

2 Fenwick

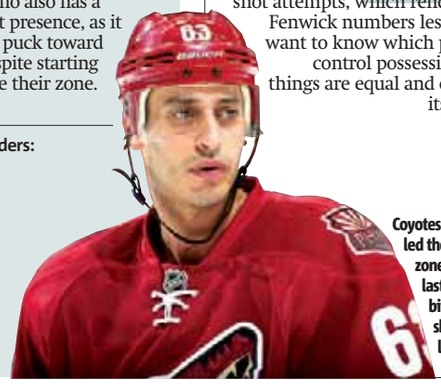
What good is a shot attempt if it bounces off a shin pad? That's what Fenwick proponents argue. Fenwick measures the same things as Corsi, except it factors out blocked shots.

- **Fenwick's best individuals:**
  1. Jake Muzzin, L.A. (61.3%)
  2. Patrice Bergeron, Bos (61.2%)
  3. Anze Kopitar, L.A. (61.0%)
  4. Justin Williams, L.A. (60.8%)
  5. Tyler Toffoli, L.A. (60.5%)

3 Zone starts

Zone start percentages track player deployment. Guys such as Brad Richards and Mike Ribeiro had some of the highest offensive zone start percentages in the league last season, meaning their coaches were insulating them from playing defence by sending them out for most of their shifts in the offensive zone. A player with a low offensive zone start percentage who also has a high Corsi is a dominant presence, as it means he's pushing the puck toward the other team's net despite starting most of his shifts outside their zone.

- **2013-14 zone start leaders:**
  1. Mike Ribeiro, Phx (71.7%)
  2. Patrick Kane, Chi (69.8%)
  3. Andrew Shaw, Chi (67.9%)
  4. Jeff Skinner, Car (66.7%)
  5. Brad Richards, NYR (66.6%)



Coyotes centre Mike Ribeiro led the NHL in offensive zone start percentage last season, one more bit of evidence to show he's a defensive liability. GETTY IMAGES

4 Close

Don't shrug it off if you see "close" attached to Corsi and Fenwick. Corsi Close and Fenwick Close track only shot attempts in tie games and games within one goal during the first and second periods. Why? Because blowouts skew the results. A team with a 5-0 lead, for instance, will take its foot off the gas, leading to more opponent shot attempts, which renders the Corsi and Fenwick numbers less informative. We want to know which players and teams control possession more when all things are equal and each side is trying its hardest to score.

Toronto FC Kyle Bekker, right, has elected to stay with the team rather than join the Canadian national squad for an upcoming friendly against Colombia. TFC will also have Michael Bradley, Jonathan Osorio and Dwayne De Rosario off national team call-ups for its playoff push. PETER MCCABE/THE CANADIAN PRESS

TFC in overtime for playoffs push

Four games to go. Vanney looking at all games as 'must-win'

The time is now for Toronto FC.

With just four games remaining in its MLS regular season, and with one game in hand on the five teams above it in the Eastern Conference, Toronto (11-12-7) needs three points from Wednesday's home outing against the Houston Dynamo (10-14-6).

A win and Toronto dislodges Columbus to move into the fifth and final playoff spot in the East, with away games at New York and New England and a visit from the Montreal Impact to come.

"We're looking at all of them as games that we really want to win, must win," coach Greg Vanney said after practice Tuesday. "Our goals is to pick up points in each of these matches."

The margin of error depends on the performance of the teams immediately above them (Columbus and New York), he added.

By Vanney's estimate, seven points out of 12 "might" get them into the playoffs. Nine "pretty much assures" it.

Unlike his coach, star midfielder Michael Bradley does not seem to be crunching the numbers although he acknowledges the margin for error is very small.

"We're not spending too much time thinking about what-ifs and trying to calculate points in other games at this moment," he said. "For us, it's about the four games that we have left and knowing that they're going to be four difficult games. But we have absolute confidence in ourselves that we can go out and, really in every game, get three points." THE CANADIAN PRESS

Amping it up

"The game is massive for both teams. We're both under the red line, trying to get back above it."

Toronto defender-midfielder Warren Creavalle

Argonauts' Chad Kackert
TORONTO STAR

Kackert's return gets delayed

Chad Kackert's comeback suffered a setback Tuesday after he hurt his leg on the final play at practice at Downsview Park.

The Toronto Argonauts running back was carrying the ball through the line of scrimmage in a non-contact drill when he made a sharp cut and his left leg buckled slightly. He tore off his helmet and flung it to the ground in an outburst.

Kackert broke his left ankle last November and announced his retirement prior to the season when the injury didn't heal as quickly as he would have liked. The 28-year-old was retained by the team as the strength and conditioning coach.

Throughout the season, Kackert kept working out on his own and ended his retirement Sept. 29 when he was added to the practice roster.

The injury Tuesday happened so quickly that only a few people saw it, including some media members on the sidelines. The 5-foot-8, 206-pound running back hobbled to the change room with his head down, and declined to talk to the media after practice. TORSTAR NEWS SERVICE

MLB. Dodgers remain in drought as Cardinals go to fourth straight NLCS

The St. Louis Cardinals tagged Clayton Kershaw in the seventh inning for the second straight time, riding Matt Adams' go-ahead, three-run homer to a 3-2 victory over the Los Angeles Dodgers on Tuesday and a fourth consecutive trip to the NL Championship Series.

Following their 3-1 win in the best-of-five series, the Cardinals await San Francisco or Washington with their rotation well-rested for the NLCS, which starts Saturday. They would open at home against the Giants or at the Nationals.

Trevor Rosenthal allowed two runners in the ninth before getting Carl Crawford on a game-ending groundout for his third save of the series. At AT&T Park in San Francisco, fans cheered when the rival Dodgers were eliminated.

An overwhelming favourite to win his third NL Cy Young Award in four years, Kershaw's October resume is a wreck, dropping to 1-5 with a 5.12 ERA in 11 post-season games, including three relief appearances early in his career. He's lost four straight starts to St. Louis in the past two postseasons.

St. Louis first baseman Matt Adams
GETTY IMAGES

While the steady Cardinals advanced to their ninth NLCS in 15 years, the defeat was a huge disappointment for the NL West champion Dodgers, who finished the regular season with a $256-million payroll that was $40 million higher than any other team.

Los Angeles remains without a pennant since winning the 1988 World Series. THE ASSOCIATED PRESS

Worth $37M. Forbes says LeBron James has the top brand value for athletes

Forbes estimates LeBron James has replaced Tiger Woods as the athlete with the top brand value.

The magazine said Tuesday the brand of the Cleveland Cavaliers star is worth $37 million; the amount of his endorsements and non-basketball earnings exceeds the average of the NBA's top 10. Woods had topped athletes on Forbes' Fab 40 list each year since 2007.

Nike is estimated to be the most valuable sports business brand, with its worth pegged at $19 billion. Forbes said the value of the name increases Nike's worth from $52 billion to $71 billion.

Forbes estimates the New York Yankees have the most valuable team brand at $521 million. THE ASSOCIATED PRESS

Tennis

Nadal to play in Shanghai Masters, puts off surgery

Rafael Nadal is counting on antibiotics to control his appendicitis so he can get through the Shanghai Masters this week.

The second-ranked Nadal began feeling pain in his abdomen late Saturday.

He said on Tuesday he chose to try treatment with antibiotics rather than undergo surgery right away. THE ASSOCIATED PRESS

UEFA

Italian football president handed suspension

UEFA banned Italian football federation president Carlo Tavecchio for six months on Tuesday following a racist comment during his election campaign.

"Mr. Tavecchio will be ineligible for any position as a UEFA official," UEFA said in a statement.

He is also barred from the next UEFA Congress in March. THE ASSOCIATED PRESS

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Platinum model shown[▲]

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Crew Cab SL model shown[▲]

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2015 Ford F-150

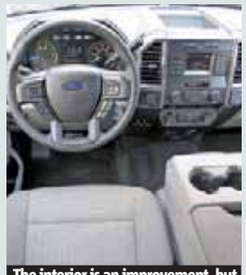
- **Type.** Two- or four-door full-size pickup truck, with two- or four-wheel-drive
- **Engines.** 2.7-L EcoBoost V6 (325 hp/375 lb.-ft.), 3.5-L V6 (283/255), 5-L V8 (385/387); 3.5-L EcoBoost V6 (365/420)
- **Transmission.** Six-speed automatic
- **Base price.** $21,399

Market position

Ford may be taking a gamble among traditional truck buyers with its all-aluminum body, but expects the fuel economy and increased capability will win them over. It may start a trend among other manufacturers as well.

Points

- Since the steel frame and aluminum body can't touch without creating corrosion, they're separated by coatings and special fasteners.
- The new frame contains eight crossmembers for strength, one more than before.
- The much-touted "military-grade aluminum" is just a marketing phrase, as there is no such standard.



The interior is an improvement, but not as spectacular as it could be.

Interesting features

Available LED headlights, power-telescoping trailer mirrors, 360-degree camera, box side steps, integrated tailgate step, stowable loading ramps, self-parking feature, side-mirror spotlights.

DRIVE

Slim, trim and still the boss

Review. The new Ford F-150 has an aluminum body to reduce fuel use and boost its towing and payload capacity

JIL MCINTOSH
drive@metronews.ca

PHOTOS: JIL MCINTOSH

When an automaker shaves weight off a truck, good things happen. Not only does fuel economy improve, but towing and payload capability increase.

That's the big news at Ford, where its all-new 2015 F-150 has trimmed down by almost 320 kilograms over the previous model.

That's primarily due to an all-aluminum body and box, along with a redesigned steel frame that's also much lighter than before. Although fuel figures aren't yet available, Ford says to expect an improvement of 5 to 20 per cent over the previous model, depending on the engine.

That lighter body also allowed engineers to add an all-new 2.7-litre EcoBoost V6 engine, which uses two small turbochargers to crank out more power than many larger engines when required, but which returns better fuel economy when full grunt isn't needed.

It also features start/stop technology, which shuts off the engine at idle, for even more fuel savings.

Other engine options include two versions of a 3.5-litre V6 — one turbocharged, one not — and a 5.0-litre V8.

You really feel the weight difference when driving. The new F-150 feels agile, accelerates quickly, and brakes faster and better. Maximum towing capacity is now 12,200 lb. (5,533 kg), up from 11,300 lb. (5,125 kg).

The interior is also an improvement over the old model, but it's not quite as spectacular as it could be, and bears considerable resemblance to its Chevrolet Silverado rival.

What does impress is how much attention Ford paid to the details, offering such standout features as rear doors that open 170 degrees on the SuperCab for easier entry, LED spotlights on the mirrors that can be aimed to light up a campsite or work area, an electric liftgate that can be lowered with a button on the key fob, and a 360-degree camera that helps guide you to your trailer hitch.

It won't be long before the other auto makers chase this revolutionary (not evolutionary) new truck.

But, for now, the F-150 is definitely the leader of the pack.

Compare

1 Chevrolet Silverado
Base price: $26,540
Redesigned for 2014, the Silverado and its sibling, GMC Sierra, feature engines with fuel-saving technologies.

2 Ram 1500
Base price:$26,995
The Ram is the only light-duty pickup available with a diesel engine and air suspension.

3 Toyota Tundra
Base price: $27,225
Available with a choice of two V8 engines, the Tundra is built exclusively in Texas.

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Shift: From hybrids, technology, new vehicles and the environment, to saving money at the pumps

Honda seeks to raise the bar for small-engine efficiency

Honda's newest 1.0-litre engine could set new standards for gas-engine efficiency. The Financial Express says the Japanese automaker is working on a global small engine for use in a new small car due to be launched in 2017. It will be offered in both turbocharged and non-turbocharged versions. Honda's smallest current gasoline engine is the 1.2-litre four-cylinder unit in the Brio model, sold in markets including India, Indonesia and Thailand. It achieves combined city/highway fuel-consumption rating of 5.1 L/100 km. The new engine will complement a 1.5-litre diesel-turbo, also sold in Far East countries. Honda does produce a smaller 0.66-litre gasoline engine for its Kei-car range, but those vehicles are sold only in Japan. **ALL STORIES AND PHOTOS FROM WHEELBASEMEDIA.COM**

Honda is developing a 1.0-litre engine to power a new global small car due to be launched in 2017. There's no word on whether the car will be sold in North America, where the 1.5-litre Fit is currently the smallest Honda.

Driving on orange peels for better grip

Who says tires can't benefit from natural ingredients? A Japanese tire maker has cut the amount of petroleum required in the production of its tires by using oil from orange peels. A continuation of Yokohama's BlueEarth philosophy, the company says it infuses the rubber compound with oil extracted from orange peels. One of the stickiest substances found in the natural world, it helps improve the tires' performance and longevity, while reducing the amount of petroleum used in the tire. Orange oil technology was tried and tested on road racing tires in motorsports series around the world, and is now featured in Yokohama's first mainstream tire application, the AVID Ascend series.

Adding oil from orange peels to the rubber compound improves a tire's performance and longevity, Yokohama suggests.

Shift points

- Volkswagen is developing a four-door version of its tiny high-efficiency XL1, says Britain's Autocar magazine. It speculates the larger size won't affect the car's fuel use of 0.75 L/100 km, with technical refinements and the aerodynamic benefit of a longer body offsetting the added weight.
- Germany's Daimler is considering using three-cylinder engines in a range of new small hybrid vehicles, reports Automotive News Europe. The company views the smaller, lighter engines as a necessary factor in hybrids, where size issues complicate powertrain packaging.
- Volkswagen's e-Golf electric car will debut in police-duty spec at a conference in Germany. The e-Golf will debut in North America late this year, with a motor producing 115 horsepower and 199 lb.-ft. of torque.

Even with new electric offerings, does the goal of having 1.5 million such cars on the road in California by 2025 seem attainable?

Electric cars in California top 100,000

California reached an electric-car milestone in early September, according to figures compiled by a group called the California Plug-In Electric Vehicle Collaborative, surpassing 100,000 registered vehicles since the first electrified vehicle was sold there in 2010. This gives the Golden State about 40 per cent of all the electric vehicles currently registered in the entire United States. In addition, says the Green Car Reports website, the milestone puts the state in a good position to reach Gov. Jerry Brown's target of putting 1.5 million electric cars on the road by 2025. Cleaner, low-emission vehicles have been a priority for the state since the 1960s and 1970s, when clouds of smog choked its cities.

Air helps power hyper-miler for Peugeot

French automaker Peugeot is showing its 208 Hybrid Air 2L demonstrator at the Paris Auto Show. "2L" refers to fuel consumption of 2.0 L/100 km. The vehicle is based on a production version of the Peugeot 208's 82-horsepower 1.2-litre five-seat hatchback. Weighing less than 900 kilograms, the body is a mix of steel, aluminum and composites. In addition to enhanced aerodynamics, the standard powertrain is replaced by a hybrid drive system with a mix of gasoline and compressed air. According to hybridcars.com, the compressed air is used to assist and even take over entirely for the gasoline engine during acceleration and starts.

Mercedes B-Class adds a natural-gas powertrain option

Mercedes-Benz has given its B-Class compact tall wagon a midlife upgrade with a range of more efficient engines, including electric and natural-gas options. The most interesting powertrains, says technology website Gizmag, are the new B200 Natural Gas Drive and the B-Class Electric Drive. The natural-gas B-Class uses a 2.0-litre four-cylinder engine fuelled by three tanks of natural gas and can hold 14 litres of gasoline if compressed natural gas is not available. Powered by a lithium-ion battery, the B-Class Electric Drive is already on sale in North America, and proving to be "comfortably powerful enough for darting in and out of city traffic." Subtle cosmetic changes and infotainment upgrades complete the refresh.

The B-Class is already available as an electric model, but there will be other choices, including a natural-gas version with an auxiliary gasoline fuel tank, just in case.

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Other lease options available. ♯/♦/♦♦/▼/*** Freight & PDI ($1,600/$1,600/$1,695/$1,650), registration, air and tire levies and OMVIC fees included. Insurance, licence, PPSA, dealer fees and applicable taxes not included. Offers apply as indicated to 2014 or 2015 new or demonstrator models of the vehicle equipped as described. Offers apply to qualified retail customers in the Ontario Chevrolet Dealer Marketing Association area only (including Outaouais). Dealers are free to set individual prices. Quantities limited; dealer order or trade may be required. Limited time offers which may not be combined with other offers. GMCL may modify, extend or terminate offers, in whole or in part, at any time without notice. Conditions and limitations apply. See dealer for details. ®Visit onstar.ca for coverage map, details and system limitations. Services vary by model and conditions. ÷Based on WardsAuto.com 2012 Upper Small segment, excluding Hybrid and Diesel powertrains. Standard 10 airbags, ABS, traction control and StabiliTrak®. ®Bluetooth is a registered trademark of Bluetooth SIG Inc. Δ2014 Chevrolet Trax LS FWD equipped with manual transmission. Fuel consumption ratings based on Natural Resources Canada's 2014 Fuel Consumption Guide – Special Purpose Class. Excludes Hybrid models. Your actual fuel consumption may vary. ♣Comparison based on 2013 Polk segmentation: Compact SUV and latest competitive data available and based on the maximum legroom available. Excludes other GM brands. ©For more information go to iihs.org/ratings. ††2014 Equinox LTZ AWD, MSRP with freight, PDI & levies: $39,164. 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See dealer for limited warranty details. ‡‡Offer available to qualified retail customers in Canada for vehicles delivered between October 1, 2014 and October 31st. 0% purchase financing offered on approved credit by TD Auto Finance Services, Scotiabank® or RBC Royal Bank for 84 months on all new or demonstrator 2014 Chevrolet vehicles, excluding Corvette; special finance rate not compatible with certain cash credits on Chevrolet Silverado (LT & HD), Equinox, Malibu, Sonic, Cruze, Trax and Orlando. Participating lenders are subject to change. Rates from other lenders will vary. Down payment, trade and/or security deposit may be required. Monthly payment and cost of borrowing will vary depending on amount borrowed and down payment/trade. Example: $20,000 at 0% APR, the monthly payment is $238.10 for 84 months. Cost of borrowing is $0, total obligation is $20,000. Offer is unconditionally interest-free. Freight and air tax ($100, if applicable) included. 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Peter Schreyer: Tiger tamer

It's not often that a designer is made the president of a car company, so when Kia design boss Peter Schreyer was promoted to run Hyundai and Kia, the news made headlines. Schreyer came to Kia in 2006 from Audi, basically unaware of car culture outside of Germany.

JEFF MELNYCHUK Wheelbase Media

PETER SCHREYER WAS NAMED PRESIDENT OF KIA AND, LESS THAN TWO WEEKS LATER, WAS NAMED PRESIDENT OF PARENT COMPANY HYUNDAI, WHERE HE OVERSEES GLOBAL DESIGN DIRECTION.

SOURCE: KIA CANADA

TT is the tiger's cub

Audi origins

While with Volkswagen, Schreyer designed the original Audi TT, which remains one of his favourites.

Cars and culture

"When I was working with Volkswagen and Audi, I was on my home turf ... Perhaps there is an arrogance that there is nothing outside of that culture, that other cultures can't have a car culture ... Working with Korea and Kia, I've discovered that there is a whole other world of making cars ... I discovered that there are people outside of the European car culture that are very skilled, eager to make great cars."

Peter Schreyer, President of Kia and parent company Hyundai
On his move from Germany to Korea

Optima prime

First love

The first significant image change for Kia came with the redesigned 2011 Optima sedan. Even the top edges of the windshield have the tiger-nose accents. It was one of Schreyer's favorite design jobs.

Signature move

Gone viral

The Kia Kee concept car was one of the first to show Schreyer's aggressive tiger-nose design back in 2007. It can now be seen on every Kia model.

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$85 @ 0.99% APR**

bi-weekly for 84 months with $0 down.
Includes freight.

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Not all buyers will qualify for the lowest interest rate. Example: $25,000 purchase financed at 0% APR for 60/72 months; monthly payment is $416.66/$ $347.22; cost of borrowing is $0 or APR of 0% and total to be repaid is $25,000. Down payment on purchase financing offers may be required based on approved credit from Ford Credit. ‡Purchase a new 2014 Escape SE/Escape Titanium/Fusion S/Fusion SE/Edge SE/Focus S MT/Focus SE/ for ($25,319/$33,999/$22,119/$29,389/$22,119/$29,389/$32,949/$43,969/$19,888) for either Total Manufacturer Rebate of ($0/$0/$500/$500/$1,750/$1,750/$0) and a ($750) Winter Safety Package cash alternative deducted). Taxes payable on full amount of purchase price after Total Manufacturer Rebate has been deducted. Offers include Retail Delivery and all tax and lease administration and registration fees of up to $799, fuel fill charge of up to $120 and all applicable taxes. All prices are based on Manufacturer's Suggested Retail Price. *Until November 20, 2014, receive 0% APR purchase financing on new 2014 Ford Escape SE/Escape Titanium/Fusion S/Fusion SE/Edge SE/Focus S MT/Focus SE/ for up to 72 months to qualified retail customers, on approved credit (OAC) from Ford Credit. Not all buyers will qualify for the lowest interest rate. Example: $25,000 purchase financed at 0% APR for 60/72 months; monthly payment is $416.66/$ $347.22; cost of borrowing is $0 or APR of 0% and total to be repaid is $25,000. Down payment on purchase financing offers may be required based on approved credit from Ford Credit. Not all buyers will qualify for the lowest interest rate. Example: $25,000 purchase financed at 0% APR for 60/72 months; monthly payment is $416.66/$ $347.22; cost of borrowing is $0 or APR of 0% and total to be repaid is $25,000. Down payment on purchase financing offers may be required based on approved credit from Ford Credit. ‡Purchase a new 2014 Escape SE/Escape Titanium/Fusion S/Fusion SE/Edge SE/Focus S MT/Focus SE/ for ($25,319/$33,999/$22,119/$29,389/$22,119/$29,389/$32,949/$43,969/$19,888) for either Total Manufacturer Rebate of ($0/$0/$500/$500/$1,750/$1,750/$0) and a ($750) Winter Safety Package cash alternative deducted). Offers include Retail Delivery and all tax and lease administration and registration fees of up to $799, fuel fill charge of up to $120 and all applicable taxes. All prices are based on Manufacturer's Suggested Retail Price. *Until November 20, 2014, receive 0% APR purchase financing on new 2014 Ford Escape SE/Escape Titanium/Fusion S/Fusion SE/Edge SE/Focus S MT/Focus SE/ for up to 72 months to qualified retail customers, on approved credit (OAC) from Ford Credit. Not all buyers will qualify for the lowest interest rate. Example: $25,000 purchase financed at 0% APR for 60/72 months; monthly payment is $416.66/$ $347.22; cost of borrowing is $0 or APR of 0% and total to be repaid is $25,000. Down payment on purchase financing offers may be required based on approved credit from Ford Credit. ‡Purchase a new 2014 Escape SE/Escape Titanium/Fusion S/Fusion SE/Edge SE/Focus S MT/Focus SE/ for ($25,319/$33,999/$22,119/$29,389/$22,119/$29,389/$32,949/$43,969/$19,888) for either Total Manufacturer Rebate of ($0/$0/$500/$500/$1,750/$1,750/$0) and a ($750) Winter Safety Package cash alternative deducted). Offers include Retail Delivery and all tax and lease administration and registration fees of up to $799, fuel fill charge of up to $120 and all applicable taxes. All prices are based on Manufacturer's Suggested Retail Price. *Based on 2007–2013 and YTD June 2014 R. L. Polk vehicle registrations data for Canada in the Large Premium Utility, Large Traditional Utility, Large Utility, Medium Premium Utility, Medium Utility, Small Premium Utility, and Small Utility segments. ~Claim based on Ford's definition of single nameplate, which does not include rebadged vehicles, platform derivatives or other vehicle nameplate versions based on IHS Automotive Polk global new registrations for CY2013. †Receive a Winter Safety Package which includes: four (4) winter tires, four (4) steel wheels, and four (4) tire pressure monitoring sensors when you purchase or lease any new 2014/2015 Ford Fiesta, Focus, Fusion, Escape, Edge (excluding Sport) or Explorer between October 1 and December 1, 2014. This offer is not applicable to any Fleet (other than small fleets with an eligible FIN) or Government customers and not combinable with CPA, GPC, CFIP or Daily Rental Allowances. Some conditions apply. See Dealer for details. Vehicle handling characteristics, tire load index and speed rating may not be the same as factory-supplied all-season tires. Winter tires are meant to be operated during winter conditions and may require a higher cold inflation pressure than all-season tires. Consult your Ford of Canada Dealer for details including applicable warranty coverage. ~Remember that even advanced technology cannot overcome the laws of physics. It's always possible to lose control of a vehicle due to inappropriate driver input for the conditions. **Some mobile phones and some digital media players may not be fully compatible with SYNC® – check www.syncmyride.com for a listing of mobile phones, media players, and features supported. Driving while distracted can result in loss of vehicle control, accident and injury. Certain MyFord Touch™ functions require compatible mobile devices. Some functions are not available while driving. Ford recommends that drivers use caution when using mobile phones, even with voice commands. Only use mobile phones and other devices, even with voice commands, when it is safe to do so and in compliance with applicable laws. SYNC is optional on most new Ford vehicles. ^Offer only valid from September 3, 2014 to October 31, 2014 (the "Offer Period") to resident Canadians with an eligible Costco membership on or before August 31, 2014, who purchase or lease a new 2014/2015 Ford (excluding Fiesta, Focus, C-MAX, GT500, 50th Anniversary Edition Mustang, Raptor, and Medium Truck) vehicle (each an "Eligible Vehicle"). Limit one (1) offer per Eligible Vehicle purchase or lease, up to a maximum of two (2) separate Eligible Vehicle sales per Costco Membership Number. Offer is transferable to persons domiciled with an eligible Costco member. Applicable taxes calculated before $1,000 offer is deducted. ©2014 Sirius Canada Inc. 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Fast, frugal sedan loaded with features

Second gear.
2011 to 2014
Chrysler 200

JUSTIN PRITCHARD
drive@metronews.ca

Since its redesign for model year 2011, the Chrysler 200 gained more comfort, better handling, more features, a more upscale interior and more power — all while maintaining a high-value approach to delivering a four-door family sedan.

Note that the mechanically-similar 200 Convertible was also available, but we'll cover that in another column.

Appealing largely on equipment and performance levels relative to its price, the redesigned 200 sold from 2011 to 2014 inclusive and has now been replaced by an all-new 2015 model.

Look for such upscale features as automatic climate control, Bluetooth, motorized heated leather seats, a touch-screen navigation system, LED cabin lighting, an optional Boston Acoustics stereo system, USB connectivity and hard-drive audio storage for ripping your CD collection directly into the stereo for future use.

Common Issues

Be sure the 200 you're considering shifts smoothly and consistently, and have the model investigated by a mechanic if it doesn't.

Gear shifts may be quick or even abrupt — although if they occur with a bang, or any unwelcome sound effects, there could be trouble brewing.

Confirm proper operation of all on-board electronics, paying close attention to the Bluetooth connectivity, the steering-wheel-mounted audio controls and the instrument cluster illumination.

Next, check out the climate control system. Be sure the air conditioner works, and then check to make sure you get heat out of the vents on both sides of the cabin when called upon.

There's some discussion about clogged or leaky heater cores being a potential issue, which could negatively affect the 200's ability to deliver heat in colder months.

Other signs of trouble may include low coolant levels, or the sweet, sugary, slightly burned smell of engine coolant inside the car.

If you hear a popping or thumping sound from up front while turning the wheel at low speeds, or while stopped, further investigation is required, as the tie rods or strut mounts may need replacing.

Finally, note that a small portion of early 3.6-litre engines from this generation were replaced under warranty due to bad cylinder heads.

The issue was rare and seems to affect only 2011 and some 2012 models, before the cylinder head was redesigned to fix the issue.

Best defence against this rare but noteworthy issue is to stick to a unit with plenty of factory powertrain warranty remaining.

What owners like

Good overall bang for the buck, a comfortable ride, a potent six-cylinder engine, smooth performance and an upscale feel to the cabin were all mentioned frequently. Fuel efficiency is also rated well, as is the trunk space, and overall cargo volume.

What owners dislike

Typical complaints include less-than-adequate performance on models with the four-cylinder engine, as well as a vague and limp feel to the steering system.

Engines

Engine options included a 2.4-litre four-cylinder unit with 173 horsepower teamed to a four-speed automatic, or Chrysler's Pentastar 3.6-litre V6 with output approaching the 300 horsepower mark.

The verdict

Relatively low pricing, the rocket-propelled V6 engine, and decent reliability make the Chrysler 200 a good-bang-for-the-buck candidate for a used sedan. All common issues should be easy for test-drivers or their mechanics to identify.

Zero zips. Longer range, better ride make electric motorcycles more attractive

Can Zero's new bikes create a buzz about electric power?

At first glance, the California firm's 2015 range of bikes, officially unveiled at Intermot in Cologne, Germany, looks a lot like its current range. However, pull away the fairing, and the changes are massive.

Chief among them is a 10 per cent boost in range across the model line, meaning that when rode responsibly, they can go up to 300 kilometres before the batteries need charging. That sort of range improvement is enough to make the new bikes attractive for something other than inner-city commuting or a bit of off-road fun.

However, it's not just better battery tech; the new bikes boast the sorts of fittings and features that its gas-powered counterparts have been offering for some time — Showa suspension, Bosch ABS systems and Pirelli tires.

All of which means they will handle and stop like a normal bike. But that's all they have in common with most of the other marques on display at this year's event.

Electric engines might be poorer than fossil fuel engines in terms of range and time it takes to refill, but those are the only areas where electric bike owners face a disadvantage.

The acceleration from an electric motor is immediate and all of the torque and power generated by the motor is available all the time — no need to wring it through a gearbox.

That's why when Zero was just a start-up back in 2006 it chose to target dirt biking and scrambling first, where that electric immediacy is a huge advantage.

The FX is still an important model, but it has been joined by a serious hot-rod in the form of the SR, the S (which has the looks and the grunt of a naked bike), and the DS (aimed at those who commute during the week then head for the hills each weekend). AFP

California motorcycle maker Zero has added a hot-rod, a naked model and a crossover to its line of electric bikes. AFP

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Solar-powered car's California dream

World beater. Solar-challenge winning car can travel 130 km/h for up to 800 km — farther if sun is shining

A solar-powered family car completed its drive from Los Angeles to San Francisco fuelled by good vibes and pure California sunshine.

And after turning the heads of gobsmacked onlookers during its journey up California's scenic Pacific Coast Highway, the creators of Stella are dreaming of a day when their futuristic vehicle is a commonplace sight.

The lightweight, wedge-shaped automobile is capable of travelling 800 kilometres on a single charge — farther if the sun is shining — while clocking 130 km/h.

"It was great to see all the people looking at us; hurrying to get their smartphones out to get pictures while we were driving," said Lex Hoefsloot, manager of Solar Team Eindhoven.

"I think we caused some traffic jams and we were worried some drivers might run into us while trying to take pictures."

Hoefsloot is one of the students at Eindhoven University of Technology in the Netherlands who designed and built Stella in what grew into a school-wide project that won a World Solar Car challenge race across Australia in 2013.

Stella launched a U.S. tour in Detroit at the Intelligent Transportation Society World Congress in early September.

The team drove to San Francisco to join sponsor NXP Semiconductors of The Netherlands in an event focused on a future in which roads are made safer and air pollution reduced by cars that "talk" to one another as well as traffic signals.

The street-legal four-seater pulled up to the Dutch consulate residence in San Francisco and eased in front of a red Tesla that was equipped to swap information with its solar-powered cousin.

Inside the car, a tablet computer on the dashboard showed a traffic light and counted down the time until a signal ahead would next turn green.

A transmitter in the Tesla let Stella know where it was and what it was doing.

"We think it is possible to make these cars and have them in a showroom in five to 10 years, but it is a big dream and something we have to really work on," said Hoefsloot.

The technology in Stella is not new and if the solar cars were mass-produced like gas-guzzling models they could be similarly affordable, according to the student.

Big automakers have had little contact with the team because "they think it is too far-fetched," Hoefsloot said.

"We think otherwise, of course," he said as he leaned on Stella's low, dark roof. **AFP**

Stella, a street-legal four-seater solar car, pulled up to the Dutch consulate residence in San Francisco and eased in front of a red Tesla that was equipped to swap information with its solar-powered cousin. AFP

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Signal shuffle. Smart experiment has people dancing in the streets of Spain

A Lisbon traffic signal turns the Don't Walk symbol into a dancing person, created by volunteers in a video booth. AFP

What if waiting to cross the street was instantly fun?

That's the thinking behind The Dancing Traffic Light Manikin, an intersection of public safety, street furniture and interactive installation art.

Pedestrians waiting to cross a busy road in the heart of Lisbon, Spain were greeted by a signal light that seemed to have a life of its own.

And indeed it did ... For tucked out of sight on the other side of the Rossio square was a temporary booth that beamed participants' dance moves directly to the crossing.

The project was backed by automaker Smart, which observed that there was an 81 per cent increase in pedestrians waiting patiently once the Dancing Traffic Light was installed.

Although Smart uploaded a YouTube video in August, it is just now attracting attention on social-media sites. **AFP**

See it in action

To see a video of the Dancing Traffic Light Manikin — and the dancers making it work — go to bit.ly/1ootyAV.

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Air-powered cars burst onto Paris scene

Autopilot. Two vehicles unveiled at Paris auto show use compressed nitrogen to drive front wheels

AUTO PILOT
Mike Goetz
drive@metronews.ca

No one can accuse Peugeot-Citroen of being full of hot air. In fact, the automaker's latest technology is a breath of fresh air.

Under pressure to meet a French initiative to develop an affordable vehicle that gets 2 L/100 km fuel efficiency by 2020, the company's engineers took a deep breath, exhaled, and then got to work on a potential hybrid system that combines a gas-powered engine with a hydraulic motor running on compressed air.

The technology was officially revealed last year, but got another airing at this week's Paris auto show, where two concept vehicles are showcasing the airy goods — the Peugeot 208 Hybrid Air 2L and the Citroen C4 Cactus Airflow 2L.

It's no coincidence that both feature 2L in their names. As currently configured, with a plethora of fuel-saving technologies, both vehicles are said to be capable of achieving that fuel-efficient holy grail of 2 L/100 km.

Here's how it works: A storage tank holding compressed nitrogen is connected to a hydraulic motor. When the pressurized nitrogen is released, it forces oil through the motor, which turns the front wheels.

The burst of energy is short — lasting way less than one kilometre. But recharge time is short, too: 10 seconds or so.

A pump recycles the nitrogen and oil back into the "charged" position, using energy from the gas engine and a regenerative braking system (which captures the energy available when coasting or braking to a stop — just like in a gas-electric hybrid). Also, like all hybrids, the vehicle can be propelled by air alone, gas engine alone, or a combination.

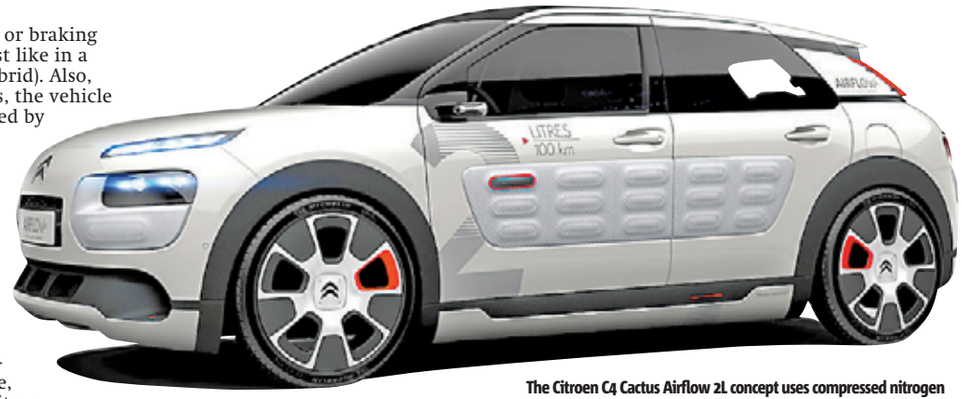
Both concept vehicles feature reworked versions of the automaker's 1.2-litre three-cylinder turbocharged engine, and Peugeot-Citroen says the Air Hybrid technology reduces its already minuscule fuel consumption by 30 per cent.

But its major claim to fame is how it achieves that 30 per cent reduction. Compared to a gas-electric hybrid, it does it with considerably less weight, complexity and cost. No big, heavy battery for one thing. It also has a greener manufacturing and recycling footprint.

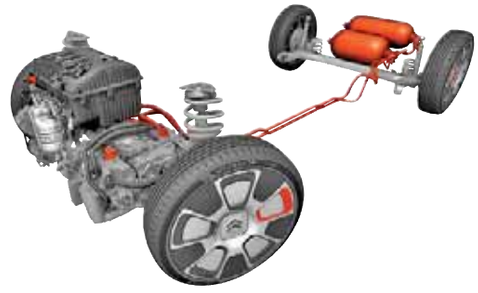
The downside is it doesn't allow those long, silent and satisfying "totally green" kilometres afforded by gas-electric hybrids. The powertrain probably won't run as smoothly, either.

And, for now, the technology is only applicable to smaller and lighter vehicles.

But it is has an air of mystery about it that is very compelling. I hope it isn't one of those promising innovations that disappear over time — into thin air.



The Citroen C4 Cactus Airflow 2L concept uses compressed nitrogen to drive oil through a hydraulic motor. A pump quickly recycles the oil and nitrogen for continuous bursts of energy. CONTRIBUTED



Cute goes ute, as Fiat unveils model X

Fiat 500 crossover. Worldwide popularity of tiny retro city car encourages automaker to expand the range of models

Can Fiat bring the X factor to SUV fans?

The 500X is the latest attempt by Fiat to take its cute and incredibly popular retro-designed city car to more markets, but is it a crossover too far?

The Fiat 500 is seven years old and is a retro-tinged modern take on a car that was launched back in 1957.

Yet the little car is one of the most successful in Fiat's history and is a fixture on most city roads from Paris and Milan to London, Montreal and New York.

In an attempt to build on this ongoing popularity and to make its brand even more appealing, Fiat has been slowly stretching the little car into a brand on its own.

There's the convertible Fiat 500C, the bigger, more family-friendly five-door L version, the highly tuned Abarth racing versions and, now — making its global debut at the Paris Motor Show —there's the 500X, a range of not one, but two little SUVs, meaning it's twice as likely to be a hit with new customers.

The more rugged of the two models is 2 cm longer, sits well above 18-inch wheels, and can be specified with four-wheel drive and a special traction control system that speeds up the transmission of torque to the rear axle.

Opting for all-wheel drive also gives owners a choice of a 1.4-litre turbo or 2.4-litre petrol engine or a 2-litre diesel unit, each of which powers the wheels via a nine-speed automatic transmission.

But the biggest market will be for the more polished, less rugged version that promises owners the looks without the mechanics of four-wheel drive. After all, the system for selecting the type of road and weather conditions and how the car should respond is called the Drive Mood Selector.

Still, on the whole, the transition to a crossover has been visually very successful. The car has retained its proportions, and its cheeky, smiling face despite adding two more doors; and some of the interior creature comforts are as good as anything in this category.

For instance it has a lane-departure warning system and blind-spot sensors for highway driving, plus assisted braking and a rear-parking camera. It's also got a good infotainment system that can be specified with a 5-inch or 6.5-inch touch screen.

The diminutive crossover market is about to get very crowded. While at this year's Paris show, the Fiat X was unveiled alongside a refreshed Nissan Juke and Citroen's Urban Ride, which, although a concept, shows that the company is also seriously considering turning its smallest car, the C1, into something a little more rugged. AFP

Unveiled at the Paris Motor Show, the Fiat 500X crossover is not one, but two little SUVs. AFP

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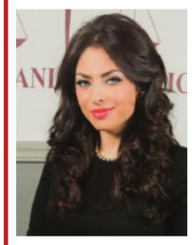

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Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

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→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
You are well on the way to achieving something that appeared to be out of reach. You have one last hurdle to overcome and one last doubter to convince.

♉ Taurus
April 21 - May 21
Treat yourself — do something for no other reason than it makes you feel good. Some people may be shocked by your extravagance but that will only add to your enjoyment.

♊ Gemini
May 22 - June 21
Something extraordinary is about to happen. Today's eclipse will enable you to turn what has been a dream into a real-life achievement.

♋ Cancer
June 22 - July 23
Don't be fooled if a rival appears to give in over something you have been arguing about for weeks. It will pay you to be suspicious over the next 24 hours.

♌ Leo
July 24 - Aug. 23
Don't be afraid to rock the boat — in fact, rock it a lot. You need to let others know no matter how much they disagree, you will do your own thing.

♍ Virgo
Aug. 24 - Sept. 23
Unseen forces are maneuvering you in a new direction, a direction that will ultimately make your life richer and more fulfilling.

♎ Libra
Sept. 24 - Oct. 23
Your luck is changing for the better but today's eclipse warns you won't get it all your own way. If you want to move ahead you will need to bring others along with you.

♏ Scorpio
Oct. 24 - Nov. 22
What happens today may be a challenge to your ego but no way is it going to break you. Make things easier for yourself by going with the flow rather than fighting against it.

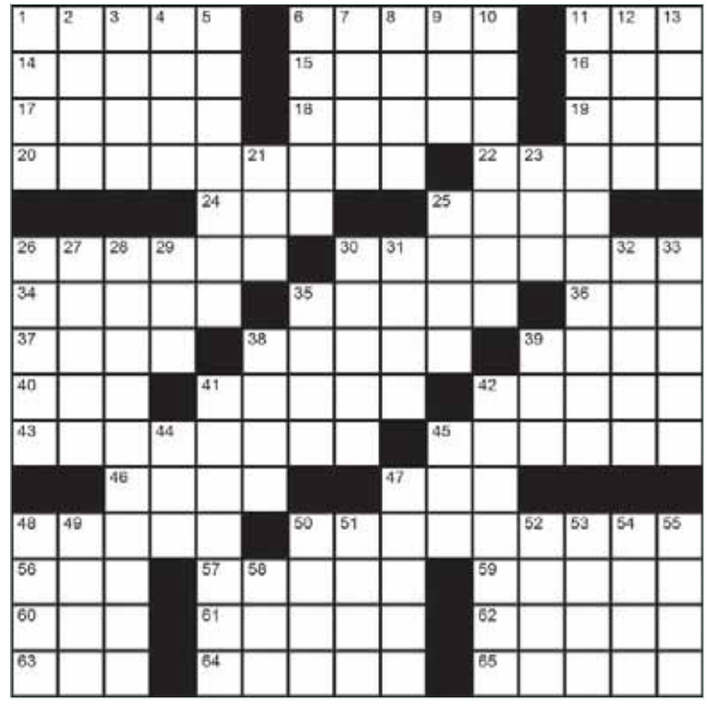
♐ Sagittarius
Nov. 23 - Dec. 21
You will find it easy to approach people today who may have seemed distant or unfriendly. Break the ice and make new friendships.

♑ Capricorn
Dec. 22 - Jan. 20
Today's lunar eclipse in the career area of your chart is a powerful omen and if you are as ambitious as people think you are you will go all out to start moving up in the world.

♒ Aquarius
Jan. 21 - Feb. 19
You have every reason to enjoy yourself. Even though some people appear to be having it tough, you can set a good example.

♓ Pisces
Feb. 20 - March 20
The winds of fate are blowing you in a new direction and all you have to do is relax and go with them. The planets indicate you'll do okay.

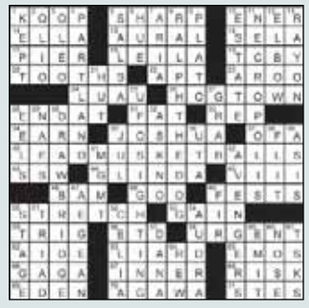
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. Mr. Johnson, American Idol
6. Showbiz blogger Mr. Hilton
11. Energy
14. Ancient market
15. "It's good, _ __ it!"
16. Sweetie
17. _ __ _ (Vacationing reason)
18. Moves swiftly
19. Alberta: __ Island National Park
20. __ Rhyme, Comedian Tom Green's '90s rap group ...#11-Down for more!
22. Gaudy
24. Period
25. Con
26. Attribute
30. Painting props
34. 'And __ be he that moves my bones.' (Shakespeare's grave epitaph ending)
35. "For Whom the Bell Tolls" (1943) character
36. TV channel
37. Fe
38. French impressionist Claude
39. "It's __ real!"
40. "Emerald Point _._._" ('80s series)
41. Ms. Chanel's
42. Oak dropping
43. Saskatchewan village
45. Computer keyboard sort
46. Deal
47. Composer, Josef __ (b.1874 - d.1935)
48. Elbow: French
50. One who boosts confidence
56. Fitting-here bug
57. Alannah Myles' "__ of Mine"
59. In _ __ (Laundry's place)
60. Skater Midori
61. "Me, Myself & __" (2000)
62. "Reign" star Toby
63. And not
64. Like a Viking
65. French painter Edgar

Down
1. Verdi aria: "__ Nome"
2. Seaweed product
3. Short's opposite
4. Earth goddess in Das Rheingold
5. Blue-Red-Blue: Mr. Newman (b.1905 - d.1970), American artist of Voice of Fire
6. Takeout order
7. Author Mr. Wiesel
8. Peel
9. Hosp. readout
10. Spicier
11. "__ __ _._.": #20-Across hit
12. Mr. Hogan
13. Pac-Man ghost
21. Enraged emotion
23. Li'l elevation
25. Meadow cry
26. Betty Crocker product
27. Wall painting
28. Senior Crown __ (Title character's profession on "Janet King", new to CBC)
29. States' sailor service, shortly
30. Attach: 2 wds.
31. Bar beverages
32. Movie critic Roger
33. Cher duettist
35. A little, musically
38. Change position
39. Ancient dating letters
41. Type of fish Humpback Whales feed on off the coast of Newfoundland
42. "__." (Teen comedy on MTV Canada)
44. Non-verbally agree
45. Shoppers Drug Mart cosmetics line
47. Unrestrained purchasing
48. Actor Dean
49. Not fooled: 2 wds.
50. At all
51. YMCA part
52. Duellist's need
53. British actress Diana
54. Actor Idris
55. Vintage autos
58. __-Medonte (Ontario township)

Yesterdays Crossword



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4	5	2				8	3	6
		6	2		8	9		
9								8
		3	7		1	4		
8	9	7				6	5	4
5			8		4			7

Yesterdays Sudoku

3	6	2	7	5	8	4	9	1
8	4	7	9	6	1	5	3	2
9	1	5	4	3	2	6	7	8
4	7	6	2	9	5	1	8	3
5	9	8	1	4	3	2	6	7
1	2	3	8	7	6	9	5	4
7	5	1	3	2	9	8	4	6
2	3	9	6	8	4	7	1	5
6	8	4	5	1	7	3	2	9

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Cash purchase price $26,814 – hwy / city 100km*: 5.3L/8.0L

2015 FORTE LX MT

Offer includes delivery, destination, fees and a $4,500 cash credit†. Offer based on 2015 Forte LX MT (FO541F) with a selling price of $17,514. Excludes HST.

CASH PURCHASE PRICE FROM $24,294≠ INCLUDING $4,500† IN CASH CREDIT

Sorento EX shown△

Cash purchase price $33,494 – hwy / city 100km*: 9.0L/12.7L

2015 SORENTO LX AT

Offer includes delivery, destination, fees and a $4,500 cash credit†. Offer based on 2015 Sorento LX AT (SR75BF) with a selling price of $28,794. Excludes HST.

LAST CHANCE

2014 CLEAROUT UP TO $6,000 CASH BONUS*

"HIGHEST RANKED SMALL SUV IN INITIAL QUALITY IN A TIE IN THE U.S."

Sportage SX AT Luxury AWD shown△

2014 SPORTAGE

UP TO $5,000 CASH BONUS*

Optima SX Turbo AT shown△

2014 OPTIMA

UP TO $5,000 CASH BONUS*

Rondo EX Luxury 7-seat shown△

2014 RONDO

UP TO $5,500 CASH BONUS*

AVAILABLE ON CASH, FINANCE OR LEASE*

5 Year Warranty

WE'VE GOT YOU COVERED

*5-year/100,000 km worry-free comprehensive warranty.

Kia's new Customer Friendly Pricing includes delivery and destination fees and all mandatory government levies. Prices do not include fuel-fill charges up to $100, dealer administration fees up to $399, licensing or applicable taxes.

15TH ANNIVERSARY

VISIT KIA.CA FOR MORE

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The Power to Surprise

Offer(s) available on select new 2014/2015 models through participating dealers to qualified retail customers who take delivery from October 1 to 31, 2014. Dealers may sell or lease for less. Some conditions apply. See dealer for complete details. Vehicles shown may include optional accessories and upgrades available at extra cost. All offers are subject to change without notice. All pricing includes delivery and destination fees up to $1,665, $5 OMVIC fee, $29 tire tax, other taxes, environmental fee, and $100 A/C charge (where applicable). Excludes licensing, registration, insurance, variable dealer administration fees (up to $399), fuel-fill charges up to $100, and down payment (if applicable and unless otherwise specified). Other lease and financing options also available. ≠Cash purchase price offer for the new 2015 Rio LX MT (RO541F)/2015 Forte LX MT (FO541F)/2015 Sorento 2.4L LX AT (SR75BF) with a selling price of $12,014/$13,014/$24,294 includes delivery and destination fees of up to $1,665, $5 OMVIC fee, tire tax of $29, $100 A/C charge (where applicable) and a $3,600/$4,500/$4,500 cash credit. See retailer for complete details. †Cash credit amounts are offered on select 2014/2015 models and are deducted from the negotiated cash purchase price before taxes. Available on cash purchase offer only. Offer varies by trim. Certain conditions apply. Offer ends October 31, 2014. See your dealer for complete details. ‡Cash bonus amounts are offered on select 2014 models and are deducted from the negotiated purchase price before taxes. Available on finance, lease or cash purchase offers. Offer varies by trim. Certain conditions apply. $6,000/$5,000/$5,000/$5,500 maximum cash bonus amount only available on the 2014 Sedona LX Convenience (SD752E)/2014 Optima SX AT (OP749E)/2014 Sportage SX AT (SP758E)/2014 Rondo EX Luxury 7-seat (RN757E). ‡‡"Don't Pay Until 2015" on select models (90-day payment deferral) applies to purchase financing offers on 2015 models only, on approved credit. No interest will accrue during the first 60 days of the finance contract. After this period, interest starts to accrue and the purchaser will repay the principal interest monthly over the term of the contract. Offer ends October 31, 2014. ≤Model shown Manufacturer Suggested Retail Price for 2015 Forte SX (FO748F)/2015 Rio4 SX with Navigation (RO749F)/2014 Sportage SX AT Luxury AWD (SP759E)/2014 Rondo EX Luxury 7-seat (RN757E)/2014 Optima SX Turbo AT (OP748E)/2015 Sorento 3.3L EX AT AWD (SR75HF) is $26,695/$22,395/$38,295/$30,795/$34,795/$34,495. *Highway/city fuel consumption is based on the 2015 Rio LX+ ECO AT/2015 Forte 1.8L MPI 4-cyl MT/2015 Sorento LX 2.4L GDI 4-cyl AT. These updated estimates are based on the Government of Canada's approved criteria and testing methods. Refer to the *EnerGuide Fuel Consumption Guide*. Your actual fuel consumption will vary based on driving habits and other factors. The 2014 Kia Sportage received the lowest number of problems per 100 vehicles among small SUVs in a tie in the proprietary J.D. Power 2014 U.S. Initial Quality Study℠. Study based on responses from 86,118 new-vehicle owners, measuring 239 models, and measures opinions after 90 days of ownership. Proprietary study results are based on experiences and perceptions of owners surveyed from February to May, 2014. Your experiences may vary. Visit jdpower.com. Information in this advertisement is believed to be accurate at the time of printing. For more information on our 5-year warranty coverage, visit kia.ca or call us at 1-877-542-2886. Kia is a trademark of Kia Motors Corporation.